

"You're Allowed to Change"

EPISODE 7

A gentle reset for outgrowing old versions of yourself



Reflection

A tree does not stay in one season to prove it is still the same tree. You may feel grief for an old role, relationship, or version of yourself, even when you know it no longer fits. That feeling does not mean you need to go back. Notice where you are staying the same to keep someone else comfortable. You can honor who you have been while giving yourself room to grow into who you are now.

Journal Prompts

- What part of my life no longer feels like it fits?
- What am I afraid others will think if I change?
- What am I grieving as I move forward?
- Which boundary would support who I am now?
- What choice can I make without asking for permission?



Weekly Reset Practice

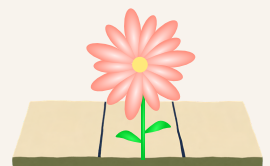
The Permission Release

Picture a tree letting go of leaves it no longer needs to carry. Take a comfortable breath in through your nose, then a second small sip of air. Slowly exhale through your mouth. Repeat three times without forcing your breath. As you exhale, say: "I can honor who I was and make room for who I am becoming."



Gentle Reminder

You are allowed to grow beyond what others expect of you.
You do not need to apologize for becoming more yourself.



See you next week in The Reset Room

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New episodes and companion resources are released weekly.
The Reset Room | A space to pause, reflect, and begin again.

