

You're Not Behind in Life

EPISODE 1



A Gentle Reset for Comparison & Self-Trust

✦ Reflection

Sometimes what feels like falling behind is actually your nervous system asking for the time and space it needs to heal, adapt, and prepare for what comes next. Growth isn't always visible. Some of the most meaningful transformations happen quietly, beneath the surface.

Take a few moments to slow down, breathe, and reconnect with your own timeline.

✦ Journal Prompts

- Where do I currently feel "behind" in my life?
- What expectations or comparisons are influencing that feeling?
- What quiet growth has happened in my life over the past year that others may not see?
- What am I learning during this season that could serve my future self?
- If I completely trusted my own timing, what would I stop worrying about today?



✦ Weekly Reset Practice

Whenever you notice yourself comparing your journey to someone else's, pause and ask:

"What if I'm exactly where I need to be?"



Take one slow breath before continuing your day.
Repeat this practice throughout the week.

✦ Weekly Reset Practice

Your timeline doesn't need to look like anyone else's.

Progress isn't measured only by what others can see.

Trust that every season has a purpose, even when it feels slow.



See you next week in The Reset Room

Enjoyed this week's reset?

New episodes and companion resources are released weekly.

The Reset Room | *A space to pause, reflect, and begin again.*