

"For the Heart That Feels Overlooked"

EPISODE 4

A Gentle Reset for Being Seen, Taking Up Space & Remembering Your Worth



✦ Reflection

There is a particular kind of loneliness that comes from being the person who holds everything together while quietly wondering if anyone notices how much you carry. When you spend so much time supporting, helping, anticipating, and making space for everyone else, it can become easy to disappear from your own awareness too. You don't need someone else's attention or recognition to prove that you matter. This week is an invitation to bring some of that attention back to yourself—to notice your needs, acknowledge what you carry, and remember that you are worthy of taking up space in your own life.

✦ Journal Prompts

- Where in my life do I feel unseen, overlooked, or taken for granted?
- What do I regularly give to others that I rarely give to myself?
- When was the last time I felt truly seen and appreciated? What made that experience different?
- Have I been measuring my worth through other people's attention, approval, or recognition?
- What would taking up a little more emotional or physical space look like for me this week?



✦ Weekly Reset Practice

Physical Anchoring + 4-7-8 Breath

Find a comfortable place to sit or stand and feel both feet firmly connected to the ground.

Notice the weight of your body. Notice the space you're occupying.

Then slowly:

Inhale for 4. Hold for 7. Exhale for 8.

Repeat for a few comfortable rounds without forcing the breath.

As you settle, quietly remind yourself: "I am here. I matter. I am allowed to take up space."

Return to this practice anytime you notice yourself shrinking, seeking validation, or feeling invisible.

4•7•8

✦ Gentle Reminder

You don't have to be noticed to be valuable.

You don't have to earn your place by taking care of everyone around you.

See yourself. Honor yourself. Take up space.

You matter here, too.



See you next week in The Reset Room

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

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