

"You Don't Have to Prove Yourself"

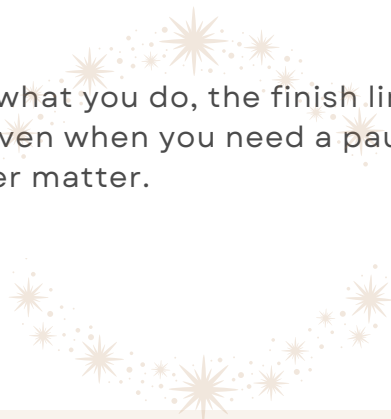
EPISODE 6

A gentle reset for the pressure to earn your rest



✦ Reflection

When your worth gets tied to what you do, the finish line keeps moving. Notice where you feel pushed to look capable, even when you need a pause. Ask yourself, "How do I feel within myself?" Let that answer matter.



✦ Journal Prompts

- Where am I trying to earn permission to rest?
- Whose approval am I hoping my effort will bring?
- What does my body feel when I take on too much?
- What would I choose if no one were watching?
- What is one thing I can leave unfinished today?



✦ Weekly Reset Practice

Plant both feet on the floor.

Lift your shoulders toward your ears, then let them drop as you breathe out.

Repeat three times.

Place a hand on your chest and say:

"I do not have to prove my worth. I can pause. I am enough, even when I rest."



✦ Gentle Reminder

You do not need to audition for your own life.

Your value does not disappear when you stop producing.



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.