

"It's Okay That You've Outgrown People"

EPISODE 10

A gentle reset for honoring what was and making room for who you are now.



✦ Reflection

Some relationships were deeply meaningful for a season, even if they no longer feel right in your life today. It can hurt to notice the distance between who you were together and who you are becoming. You may feel grateful for what someone gave you and still need different boundaries now. Outgrowing a connection does not erase its value. You can care about someone without forcing yourself to stay in a role that no longer fits.

✦ Journal Prompts

- Which connection feels different as I grow?
- What am I grateful for in that relationship?
- What boundary or distance would feel honest and kind to myself now?
- How am I a better person today?



✦ Weekly Reset Practice

Place one hand over your heart and feel your feet on the ground. Think of a relationship you've been trying to hold together through obligation. Say quietly: "I can appreciate our past without forcing our future." As you breathe out, imagine loosening your grip on the need to make it what it used to be. Repeat: "I choose alignment over obligation."



✦ Gentle Reminder

You can honor the season you shared, wish someone well, and give your growth room to take up space.



See you next week in The Reset Room

Enjoyed this week's reset?

Join the Reset List to receive new companion resources and future Reset Room updates.



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