

“If You Feel Like You Wasted Your 30s”

EPIISODE 8

A gentle reset for regret, lost time, and beginning from here



✦ Reflection

It hurts to look back and wish you had left sooner, chosen differently, or had more time to become yourself. You can grieve those years without calling yourself a failure. You made choices with the knowledge and capacity you had then—not the wisdom you have now. Like compost becoming soil, some of what you lived through has helped you recognize what you need today. You do not have to be grateful for every experience to begin building from where you are.

✦ Journal Prompts

- What part of my thirties am I grieving?
- What did I need then that I did not have?
- What am I judging my past self for not knowing yet?
- What have those years taught me about what I need now?
- What is one small choice I can make from here?



✦ Weekly Reset Practice

When a “what if” loop begins, place one hand over your heart and feel your feet on the floor. Say: “I am grieving lost time, and I can stop punishing myself for what I didn’t know yet.” Name one thing you understand now. Then choose one small action you can take today. You cannot rewrite the past, but you can care for the person living here now.



✦ Gentle Reminder

When a “what if” loop begins, place one hand over your heart and feel your feet on the floor. Say: “I am grieving lost time, and I can stop punishing myself for what I didn’t know yet.” Name one thing you understand now. Then choose one small action you can take today. You cannot rewrite the past, but you can care for the person living here now.

See you next week in The Reset Room

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