


## Shifting Your Perspective & Creating Forward Momentum

Okay, so you've stood in the storm. You've unpacked your why. Now it's time to move. Not all at once—just step by step. This isn't about fixing everything. It's about making space for change.


### 1. Reframe Your Current Storm

Instead of seeing it as something you're "trapped in," try viewing it as something you're moving through. You're not stuck—you're just in process.

 **Exercise:** Write about your storm from the future—as if you've already come through it. What did you learn? Who did you become on the other side?

### 2. Choose a Micro-Move

Big leaps can be paralyzing. But small shifts? Totally doable. Choose one tiny thing that creates progress—like setting a boundary, asking for help, or doing something just for you.

 **Exercise:** Pick your micro-move and commit to doing it in the next 48 hours. Write out what support you need to follow through.

### 3. Create a "Safe Space" Ritual

Everyone needs a place (or moment) where they feel safe. Whether it's a quiet cup of tea, a playlist that lifts you up, or a favorite spot to sit—this is your anchor.

 **Exercise:** Identify one "safe space" ritual that helps you feel grounded. Write about how and when you'll use it—especially on heavy days.

# Coming out of the Rain

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## Journaling Prompt:

Write about how your perspective shifts when you take even one step out of the storm.

What feels different? What becomes possible again?



MY THOUGHTS