

Coming out of the Rain

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Moving Forward When Life Feels Like a Storm

Ever feel like you're just standing in the middle of a downpour—soaked, overwhelmed, and unsure of which direction to run? Life can hit hard!

Whether it's a setback, a loss, a tough decision, or simply a string of bad days, we all find ourselves caught in the rain from time to time.

But here's the thing: you don't have to stay there.

The storm doesn't define you—it challenges you, shapes you, and gives you the chance to grow stronger. Sometimes, all it takes is the decision to move. Not a leap. Not a sprint. Just a shift. A new perspective. A glimmer of hope that says, "I deserve more than this."

Let's grab that metaphorical umbrella, dry off, and find our way toward calmer skies.

CHALLENGE

It's time to stop standing in the storm and start taking back control of the weather in your life. Unhappiness isn't the problem—it's a signal. A nudge. A whisper that says, "Something needs to change."

I Know YOU can do it!



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Journaling Prompt:

Picture a current situation where you feel “**stuck in the rain.**” What does it feel like to stand in that storm? Now imagine yourself choosing to move—to take shelter, to breathe, to begin again.

Write about that shift. What changes when you believe the storm is temporary?



MY THOUGHTS