

Coming out of the Rain



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Finding Clarity, Strength & Sunshine

You've stood in the rain, and you chose to move. That's something worth celebrating! Because the truth is, **it's not easy to walk away from what's familiar—even when it's painful.** It takes guts to say, "I'm ready for something better."

So take a moment. What has changed? Maybe it's your mindset. Maybe it's your energy. Maybe it's your willingness to believe that brighter days are possible.

That's growth!

Storms don't last forever. And you? You're not just surviving—you're evolving. Every insight, every shift, every choice to move forward... it's leading you somewhere new.

From here, your next step isn't about perfection—**it's about intention.** Keep listening to your gut. Keep checking in with your needs. Keep walking toward the sunshine—even if it's still behind the clouds.



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Journaling Prompt:

Write a gratitude letter to yourself for choosing growth, movement, and healing. What are you proud of?

What version of you are you stepping into? Seal it, or read it out loud—whatever feels most empowering to you.



MY THOUGHTS