

DEEPER REFLECTION



Fresh Start

*Beginning again without pressure—
just presence.*



*Start where you are.
Let go of the pressure to get it right.*



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DEEPER REFLECTION: FRESH START



Welcome



You don't have to start over perfectly.
You don't have to have everything figured out.



This is your space to begin again—gently.



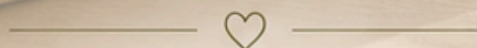
As you move through these pages,
release the pressure to get it right.
Let go of the need to rush.
Let go of the expectation to have all the answers.



You are allowed to start where you are.
You are allowed to take this one step at a time.



Just begin.



Grace meets you here.



DEEPER REFLECTION: FRESH START



SECTION 1

What I've Been Carrying



*The weight I didn't realize
I was holding.*



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SECTION 1

What I've Been Carrying



The weight I didn't realize I was holding.



What have I been holding onto that is weighing me down?



What am I tired of carrying into this new season?



What feels overdue to release?



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SECTION 2

Letting Go of Pressure



*Release the need to get it right.
You are allowed to begin anyway.*



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SECTION 2

Letting Go of Pressure



*Release the need to get it right.
You are allowed to begin anyway.*



What pressures have I been putting on myself?



Where do I feel the most pressure right now?



What would it look like to give myself grace in this season?

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Let It Go



You don't have to carry everything forward.

Some things were never meant
to go with you into this season.
Some things have already
served their purpose.



It's okay to release them—
not all at once...
but honestly.



You are allowed to move forward lighter.



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SECTION 3

Reclaiming My Peace



*It's time to choose what feels good,
what feels right,
and what brings me back to me.*



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SECTION 3

Reclaiming My Peace



*It's time to choose what feels good,
what feels right, and what brings me back to me.*



What brings me peace right now?



What drains me or takes me away from my peace?



What can I do more of to protect my peace?

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SECTION 4

Moving Forward with Intention



*I am not just letting go—
I am choosing what
I want to carry next.*



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DEEPER REFLECTION: FRESH START



SECTION 4

Moving Forward with Intention



*I am not just letting go—
I am choosing what
I want to carry next.*



What do I want to invite more of into this season?



What values or reminders can guide me as I move forward?



What is one intention I want to set for myself?

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SECTION 5

Start Here



*You don't have to have it all figured out.
You just have to be willing to begin.*



Today, I begin again by...



I release the pressure to...



I give myself permission to...



*This is your moment. Your pace. Your fresh start.
You are allowed to begin again—right where you are.*





SECTION 6

Pause Here



*You don't have to rush this.
Starting again doesn't mean starting over completely.
You are allowed to begin softly.*



You don't have to rush this.



Starting again doesn't mean starting over completely.



You are allowed to begin softly.



*You are not behind.
You are becoming.*



DEEPER REFLECTION: FRESH START



Closing Thoughts



*You don't need a perfect plan.
You don't need the right moment.
You just need a willingness to begin again.*



A few gentle reminders to carry with me:



Words of encouragement for my next chapter:



A promise I make to myself:



*You are allowed to begin again.
Grace is your foundation.
You are enough.
You are becoming.*

