

Feeling Tired Doesn't Mean You're Ungrateful

A Gentle Grounding Prompt for Busy Seasons

Feeling tired this season does not mean you are ungrateful.
You can love the holidays and still feel overwhelmed.
Both experiences are human and allowed.

You can love the holidays and still feel overwhelmed. Both things
can be true. Giving yourself grace is the beginning of healing.

What part of this season is draining me the quickest?

One obligation that feels heavy _____

One expectation I keep carrying _____

One task that drains more than it gives _____

One situation that pulls at my energy _____

One thing I have been pushing through _____

Awareness lightens the load. You do not need to push through what you can gently name.

After naming it, I notice

Less pressure. More room to breathe.

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