

F*CK IT OR FIX IT

PRINT. CUT. CLIP. PULL A CARD WHEN YOU'RE ONE CHART AWAY FROM SCREAMING OR ONE TODDLER MELTDOWN AWAY FROM GIVING UP. THIS IS YOUR PERMISSION SLIP IN CARD FORM.



USE LIBERALLY.

F*CK IT - FIX IT

MICRO-BOUNDARIES

"SHUT IT DOWN" ONE-LINERS TO USE ON THE FLY

CANCELING IS SELF-CARE

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MICRO-BOUNDARIES

"SHUT IT DOWN" ONE-LINERS TO USE ON THE FLY

SAYING NO IS A FULL SENTENCE

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NOT MY CRISIS. NOT MY RESPONSIBILITY.

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YOU DON'T OWE ANYONE AN EXPLANATION.

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IF IT DRAINS YOU MORE THAN IT FEEDS YOU, IT'S A NO.

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I'M NOT AVAILABLE FOR GUILT RIGHT NOW.

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JUST BECAUSE
I CAN **DOESN'T**
MEAN I SHOULD.

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NO MORE "*JUST*
ONE MORE
THING" TODAY.

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IF IT'S NOT
URGENT FOR ME,
IT'S NOT URGENT.

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MINDSET SHIFT

"SHUT IT DOWN" ONE-LINERS TO USE ON THE FLY

YOU CAN BE
GRATEFUL *and*
OVER IT AT THE
SAME TIME.

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MINDSET SHIFT

"SHUT IT DOWN" ONE-LINERS TO USE ON THE FLY

YOU'RE NOT
BEHIND.
YOU'RE JUST
OVERLOADED.

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MINDSET SHIFT

"SHUT IT DOWN" ONE-LINERS TO USE ON THE FLY

LET THE BARE
MINIMUM **BE**
ENOUGH TODAY.
SERIOUSLY.

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MINDSET SHIFT

"SHUT IT DOWN" ONE-LINERS TO USE ON THE FLY

A MELTDOWN
DOESN'T MEAN
YOU'RE FAILING.
IT MEANS YOU'RE
A HUMAN WITH
HORMONES

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MINDSET SHIFT

"SHUT IT DOWN" ONE-LINERS TO USE ON THE FLY

YOUR WORTH **IS**
NOT MEASURED
BY YOUR
PRODUCTIVITY.

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"SHUT IT DOWN" ONE-LINERS TO USE ON THE FLY

THIS IS A HARD
MOMENT—NOT
A HARD LIFE.

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MINDSET SHIFT

"SHUT IT DOWN" ONE-LINERS TO USE ON THE FLY

**YOU'RE NOT LAZY.
YOU'RE RUNNING
ON FUMES.**

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MINDSET SHIFT

"SHUT IT DOWN" ONE-LINERS TO USE ON THE FLY

**YOU DON'T NEED
TO FIX IT ALL
TODAY.**

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MINDSET SHIFT

"SHUT IT DOWN" ONE-LINERS TO USE ON THE FLY

**YOU'VE SURVIVED
100% OF YOUR
WORST DAYS
SO FAR.**

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MINDSET SHIFT

"SHUT IT DOWN" ONE-LINERS TO USE ON THE FLY

**YOU'RE ALLOWED
TO REST BEFORE
YOU'RE WRECKED.**

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PAUSE & REFLECT

"SHUT IT DOWN" ONE-LINERS TO USE ON THE FLY

**WHAT WOULD I
TELL MY BEST
FRIEND IF SHE FELT
LIKE THIS?**

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PAUSE & REFLECT

"SHUT IT DOWN" ONE-LINERS TO USE ON THE FLY

**WHAT CAN WAIT
UNTIL NEXT WEEK
—OR NEVER?**

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PAUSE & REFLECT

"SHUT IT DOWN" ONE-LINERS TO USE ON THE FLY

**WHERE AM I
CHOOSING GUILT
INSTEAD OF REST?**

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PAUSE & REFLECT

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**WHAT'S ONE
TINY THING I
CAN DO TO FEEL
5% BETTER?**

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PAUSE & REFLECT

"SHUT IT DOWN" ONE-LINERS TO USE ON THE FLY

**WHO'S TAKING
UP SPACE IN MY
BRAIN RENT-
FREE TODAY?**

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PAUSE & REFLECT

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WHAT'S ONE EXPECTATION I CAN LOWER RIGHT NOW?

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WHAT STORY AM I TELLING MYSELF—AND IS IT ACTUALLY TRUE?

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WHAT DO I NEED, NOT WHAT'S EXPECTED OF ME?

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WHAT WOULD FEEL LIKE COMPASSION RIGHT NOW?

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WHAT DOES "ENOUGH" LOOK LIKE FOR ME TODAY?

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"SHUT IT DOWN" ONE-LINERS TO USE ON THE FLY

SOMETIMES THE DEEPEST MEDICINE IS IN THE PAUSE—THE BREATH BETWEEN THE BREAKTHROUGHS.

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"SHUT IT DOWN" ONE-LINERS TO USE ON THE FLY

YOU'RE NOT BEHIND. YOU'RE IN A MOMENT. LET IT BE A PLACE OF REMEMBERING, NOT RUSHING.

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PAUSE & REFLECT

"SHUT IT DOWN" ONE-LINERS TO USE ON THE FLY

WHAT IF... PRESSING PAUSE ISN'T STEPPING BACK, BUT STEPPING DEEPER INTO ALIGNMENT?

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PAUSE & REFLECT

"SHUT IT DOWN" ONE-LINERS TO USE ON THE FLY

MOTHERHOOD ISN'T MEASURED BY HOW MUCH YOU GIVE, BUT BY HOW OFTEN YOU RETURN TO YOURSELF.

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