

The Voice For Bad Days

A COMPANION FOR THE NIGHTS
YOUR BRAIN WON'T LEAVE YOU ALONE



— by joey —



this isn't homework.

you don't need to finish this.

you don't need to answer every question.

you don't need to become a better
version of yourself while reading this.



i made this for the nights
your brain gets loud.

listen. reflect. reset.



You're Not Falling Behind



*“you’re not behind.
you’re becoming.”*



☀️ reflect

- what timeline am i comparing myself to?

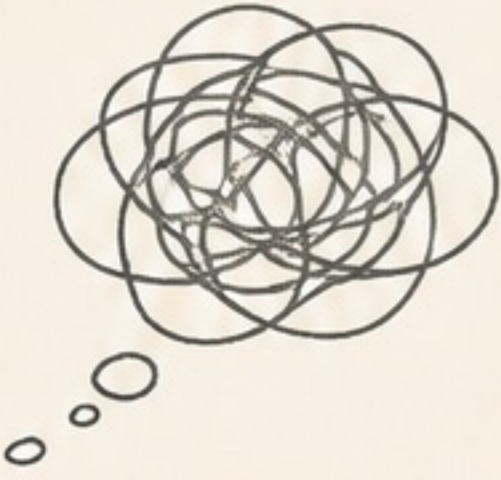
- if my best friend felt behind, what would i tell them?

- what is one thing in my life that already feels full?

☀️ reset

put your phone down
and take a short walk.

One For The Overthinkers



“you do not need to solve your whole life tonight.”



☀️ reflect

- what am i trying to control?
-

- is this helping me or scaring me?
-

- will this matter next week?
-

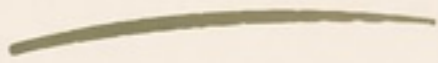
☀️ reset


leave one thing unfinished tonight.

You Are Not Too Much



*“you don’t have
to shrink yourself.”*




 reflect

-
- where did i learn that
i was too much?

-
- what parts of me
deserve more room?

-
- what would it look like
to let myself be fully
me?

 reset

send an honest text.

You Don't Need Permission



“you are allowed to choose what’s best for you.”

☀️ reflect

- what would i do if i stopped looking for approval?

- who’s opinion do i often carry that isn’t actually mine?

- what decision am i avoiding because i think i need permission?

☀️ reset

make one choice today just for you.

Rest Is Not Productivity



“you don’t have to earn rest. your worth is not measured by your output.”



☀️ reflect

- what does rest look like for me right now?

- where in my life am i pushing myself too hard?

- what would it feel like to give myself full permission to rest?

☀️ reset

plan one moment of rest for today.

Comparison Steals Clarity



*“your path is private
for a reason. focus on
your lane, not their
highlight reel.”*

☀️ reflect

- when do i compare myself to others the most?
 - how does comparison make me feel in my body and mind?
 - what's one way i can return my focus to my own path today?
-

☀️ reset

unfollow or take a break from one source that triggers comparison.

choose one small action that moves you forward.

Boundaries Create Space



“you are allowed to outgrow spaces, conversations, and people that no longer align with who you are becoming.”

reflect

- what is one boundary that i know i need to set or strengthen?


- where in my life do i feel drained, resentful, or overstretched?

- what would it look like to protect my time, energy, and peace without guilt?

reset

choose one boundary to honor this week.

write a gentle reminder that it's okay to say no.

A photograph of a window sill. On the left, there are sheer curtains. In the center, a cup of coffee sits on a light-colored surface. In the foreground, a notebook and a pen are visible. The wall to the right is covered in shadows of leaves from a plant outside. The text is centered on the wall.

thank you for
letting me sit
beside you for
a little while.

— *joey*