

A Letter for Starting Again

Dear you,

A setback can make it feel as though all the effort before it has disappeared. It has not. What you learned, the care you practised, and the steps you already took still belong to you.

You do not have to restart from the beginning or make up for lost time. You can begin from where you are now. Maybe that means returning to one routine, sending one message, or resting before you choose what comes next.

Try speaking to yourself as you would to someone you care about: "This is hard, and I can take one step when I'm ready." Progress does not have to be straight or fast to be real. You can pause, change direction, and try again.

Today does not have to hold the whole story. There is room for another beginning.

With care,