

Everyday Thought Reframes

Work stress

"I'll never finish" → "One step at a time." Action: Start with 3 minutes.

Perfectionism

"It must be perfect" → "Progress matters more." Action: Ship the draft.

Sleep

"If I don't sleep now, I'll be ruined" → "Rest is still useful." Action: Close eyes, slow breathing.

Grief

"I should be over this" → "Grief moves in waves." Action: Text a safe person.

Money

"It's hopeless" → "I can improve 1% today." Action: Cancel one unused subscription.

Patch & Pot

"Too late to grow" → "There's always something to sow." Action: Plant salad leaves.