

The Regroup Page

For when the job hunt sucks — or your brain says
you're not doing enough (it's lying).



I'm proud of myself for:



What's weighing on me today:



One tiny win or task I completed:



Something that is *not* in my control:



Something I *can* try next:



A reminder I need right now:

**"It's not about doing more —
it's about still showing up."**

"The job isn't your worth."

**"You're not behind. You're
healing, searching, surviving,
growing."**

