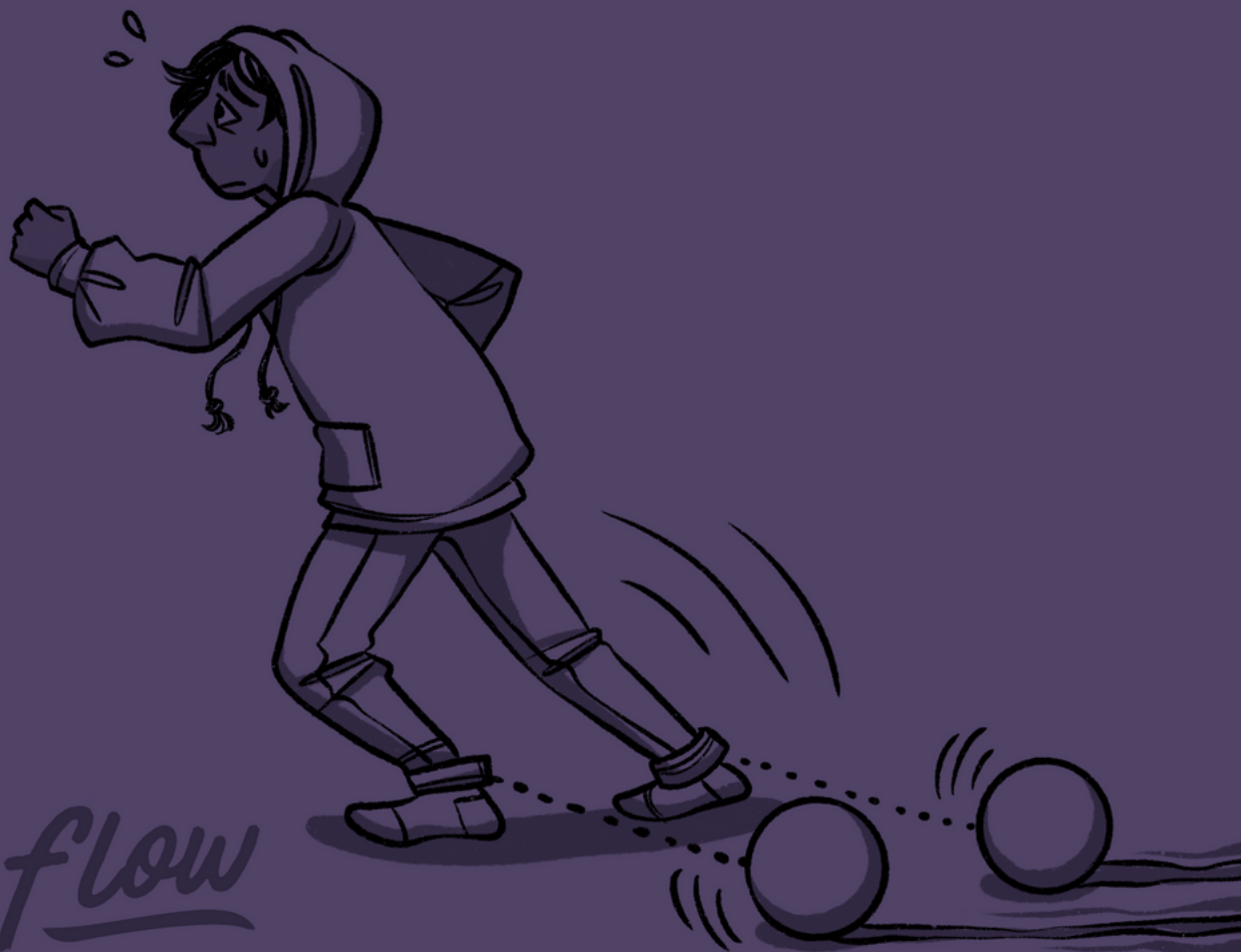


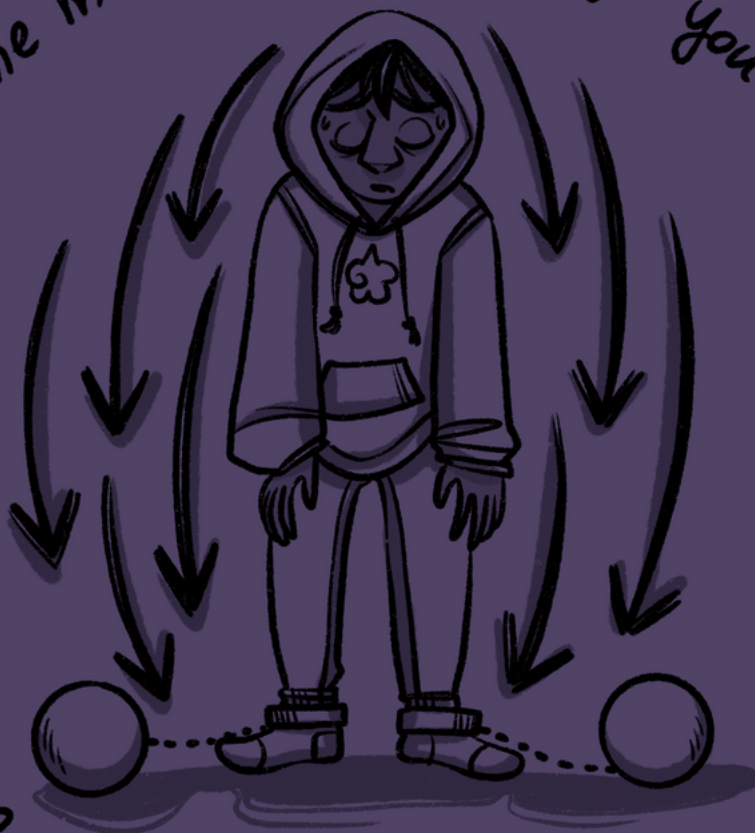
When you're in a season of struggle,  
doing the things that fill your life  
feel a million times harder.





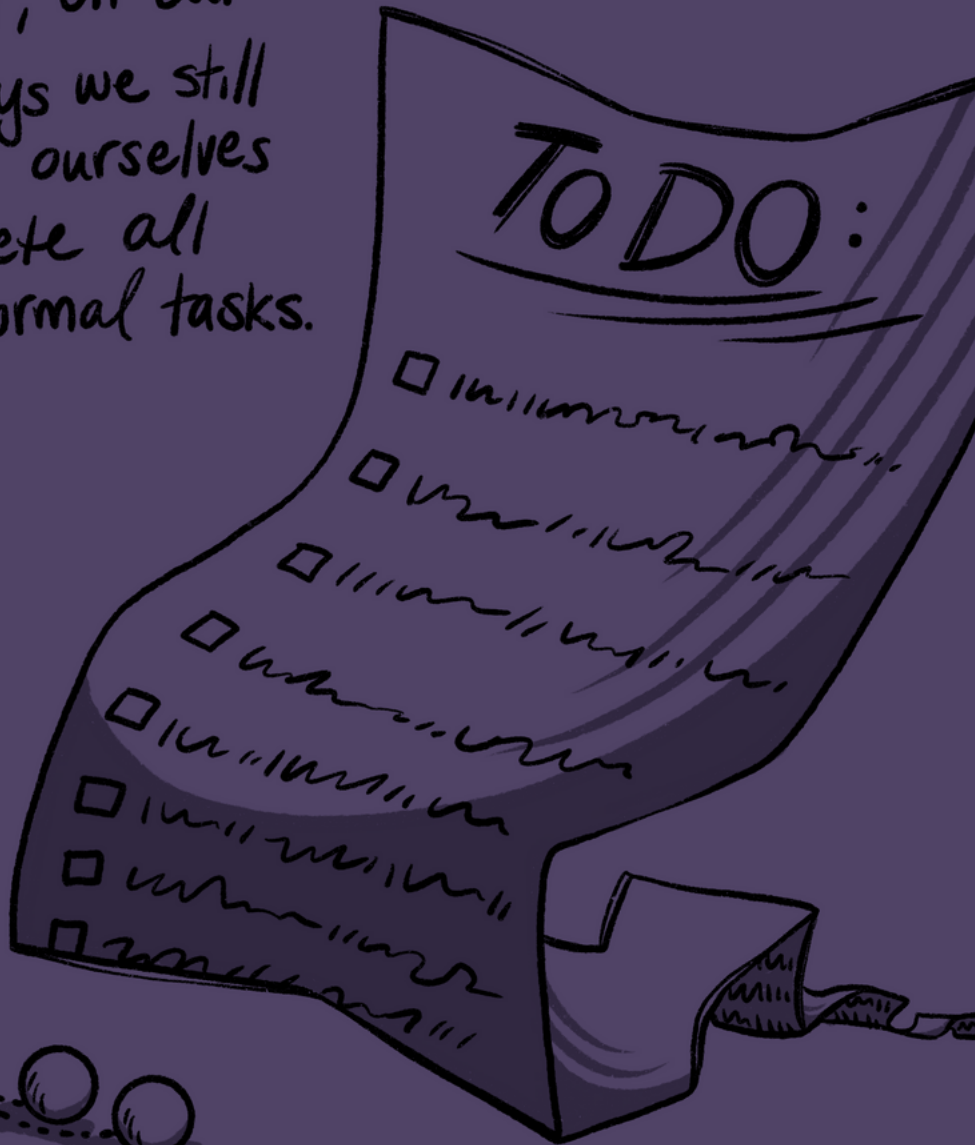
"Why is this so hard right now?  
I usually love doing this!"

Doing the most standard things you usually do



can feel utterly exhausting.

And yet, on our  
bad days we still  
expect ourselves  
to complete all  
of our normal tasks.





So why do we then beat ourselves up when we can't do it all?

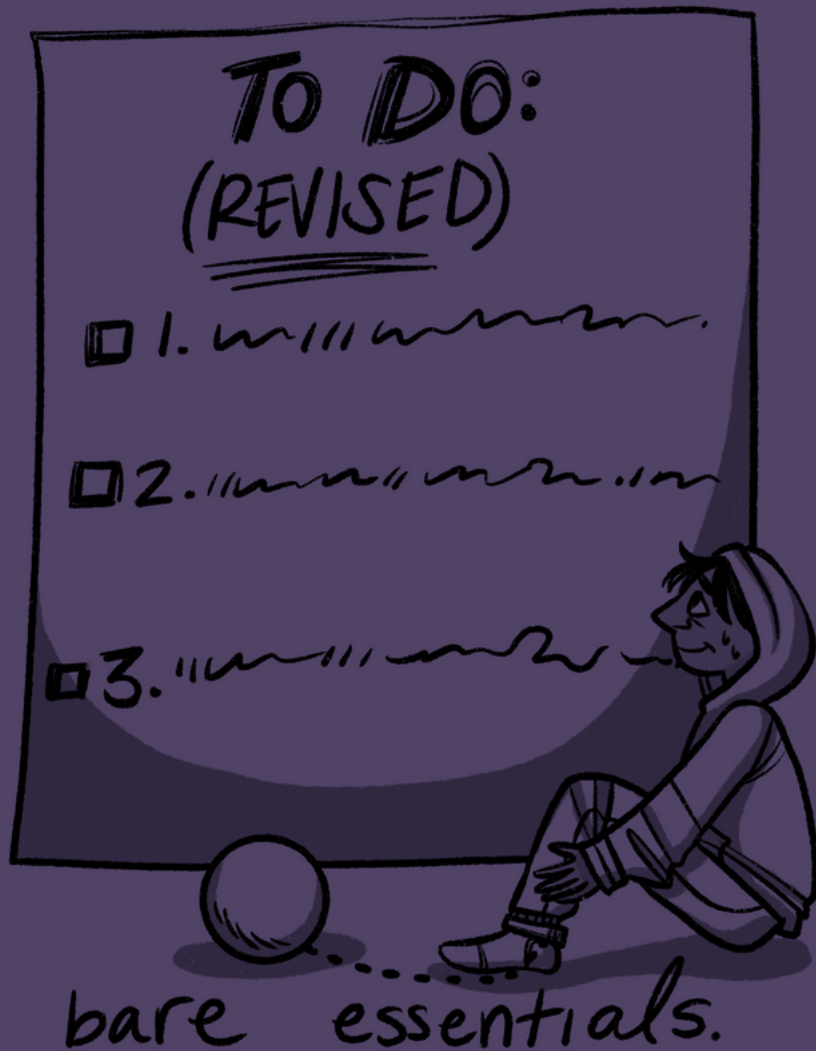
That exhaustion is your body + mind  
screaming at you to

**SLOW DOWN.**

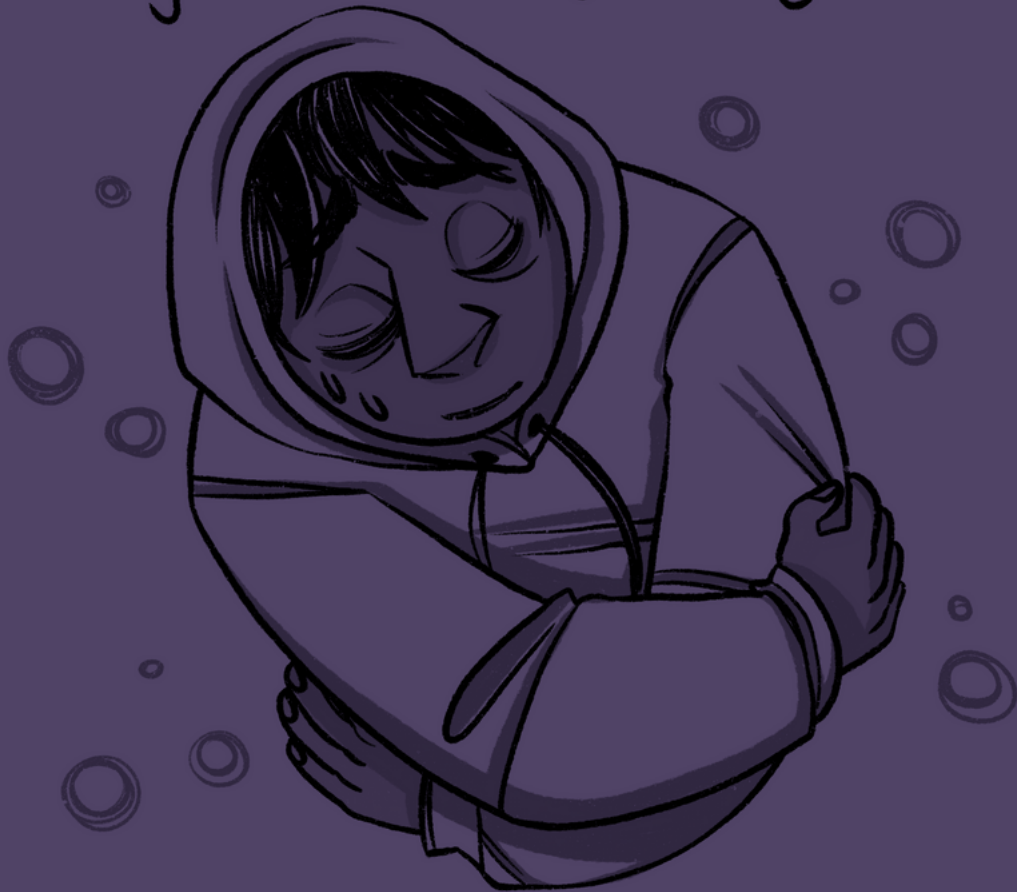


So why don't you listen up?

Take that "to do" list, and strip  
it down to it's



One day, things will not be so heavy.  
One day, you can return to your normal  
capacity for getting things done.



But until then? Have grace for yourself.