

# When Starting Over Feels Like Giving Up



# You're Not Alone - Power Page #7 When You're Drowning in Caregiver Guilt Section 1: This Isn't Rock Bottom

What I've survived. What I've learned. What I refuse to forget.

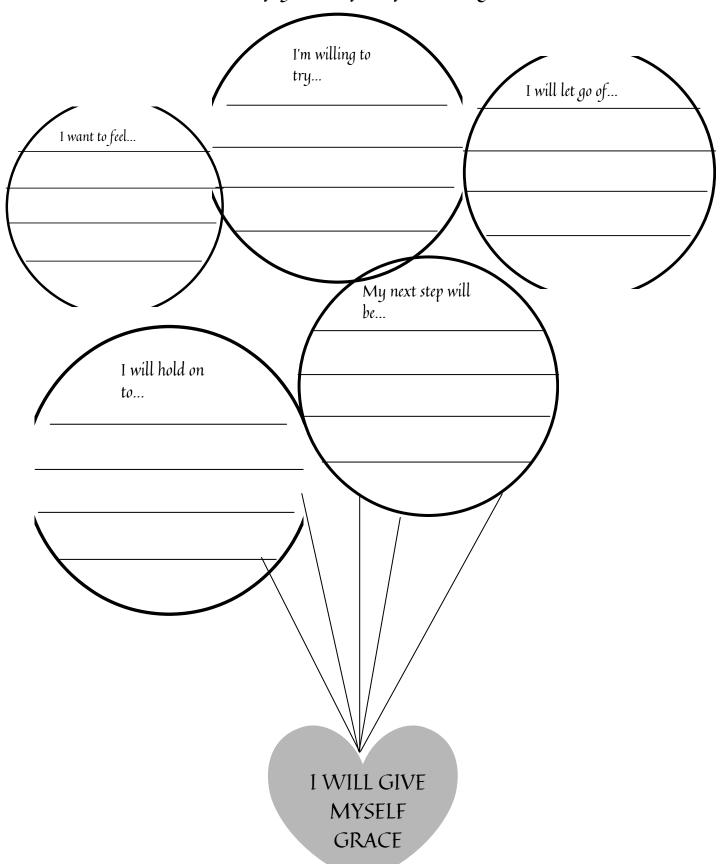
I've made it through
I've learned that I can
I still carry the strength from

# You're Not Alone - Power Page #7

Section 2: My Next Chapter Starts With...

#### This isn't the end. It's a rewrite.

Create 5 empty bullet prompts that begin with:



Encourage small steps, not reinvention.

# You're Not Alone - Power Page #7

#### When You're Drowning in Caregiver Guilt

A printable reflection to help release the guilt you were never meant to carry.

#### Section 3: What I Know Now

This wisdom came the hard way-but it's mine now.							

You are not starting from scratch. You are starting from strength.

### Closing Affirmation:

"I am not behind. I am becoming. This time, I rise for me."



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## Reflection & Renewal



Part of the You're Not Alone series by Voguegenics™

# You've made it through seven lessons.

But more importantly

-you've made it

through everything

leading up to them.

# You're Not Alone - Power Page Closing

Section 1: My Takeaways What lessons will I carry forward?

# You're Not Alone - Power Page Closing Section 2: One Promise to Myself

What's one thing I will no longer apologize for?

My initial thought		
Going deeper		

## Section 3: What's Next for Me?

#### One step. That's all it takes. What's mine?

Plan your next actions.

	DONE
Revisit a lesson	
Try a new challenge	
Share my story	

### Closing Affirmation:

"I am still here. I am still trying.

And that makes me powerful beyond measure."



Thank you for taking this journey with Voguegenics.
You're not alone-and you never were.

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