

Lesson Seven:

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:

I want to feel...

I'm willing to try...

I will let go of...

I will hold on to...

My next step will be...

I WILL GIVE MYSELF GRACE

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.”*





Reflection & Renewal





*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.

[illegible]

🌿 Closing Affirmation:

*“I am still here. I am still trying.
And that makes me powerful beyond
measure.”*



Thank you for taking this journey with Vogue Genics.
You're not alone—and you never were.
www.voguegenics.com