

fresh start

You fell off. Of course you did. This page is the on-ramp, not a courtroom. No catching up on the days you missed. We just start from here.

What's still true / still matters

forget the rest. it's gone and that's fine.

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The one thing to restart with

small. winnable. today.

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What I'm letting go of, guilt-free

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**You didn't fail.
You took a break.
Begin here.**