

WHAT'S IN YOUR BACKPACK?

WE ALL CARRY THINGS. SOME HELP US. SOME HOLD US BACK.



HELPFUL TO CARRY

- Hope
- Support
- Gratitude
- Patience
- Humor
- Courage
- Kindness
- Boundaries
- Forgiveness
- Self-Respect



HEAVY TO CARRY

- Regret
- Shame
- Fear
- Anger
- Guilt
- Comparison
- Overthinking
- Old Labels
- Perfection
- Resentment



YOU CAN'T ADD MUCH MORE TO YOUR BACKPACK
IF YOU DON'T TAKE SOMETHING OUT.

REFLECTION



If you could remove just **one heavy item** today, what would make the biggest difference?

OR

What is **one helpful item** you want to carry more of this week?



SMALL CHOICES. LIGHTER LOAD. BETTER JOURNEY.



Taking the Escalator

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