"I'm Falling Off Again" Recovery Sheet

A 3-step re-grounding guide when you're feeling off-track, overwhelmed, or like you're starting over — again.

- From Mindfully hers Noorsleha K.

Step 1: Name the Fall — Without Shame

"I am not failing. I am noticing."

Use this moment to observe, not attack yourself. Circle everything that resonates. Be honest. Be kind.
☐ I'm emotionally exhausted
☐ I'm overwhelmed by expectations
☐ I don't feel like I'm worth the effort right now
☐ I feel lonely / unseen
☐ I don't know where to begin again
☐ I expected perfection — now I feel defeated
☐ I feel guilty for choosing myself
☐ I lost momentum and assumed it meant I failed
☐ I'm ashamed of how long this has taken
☐ I don't feel supported in my environment
☐ I've been self-soothing with distractions
\square I'm scared of doing well because I've never known what that feels like
☐ I thought discipline meant being hard on myself
\square I feel stuck in comparison or imposter thoughts
☐ I don't know how to come back after falling off
☐ I forgot I'm allowed to begin again

\square I've been too focused on the outcome instead of the process							
☐ I've been prioritizing others over my own energy again							
O Journal Prompt:							
What was I hoping this routine, habit, or structure would give me emotionally? (Examples: peace, clarity, worth, control, freedom, energy, consistency, validation, joy)							
Step 2: Return with One Anchor Action							
Don't restart everything. Reconnect with one small action that feels safe and empowering.							
You don't need to rebuild your entire routine. You just need to <i>come back</i> — softly, intentionally, and with care.							
Pick one anchor you can commit to today:							
☐ Drink one full glass of water, slowly, with intention							
☐ Set a 10-minute boundary (no phone, no noise, no responding)							
☐ Speak one truth to yourself out loud — even if it's messy							
☐ Stretch or walk for 5 minutes — nothing more							
☐ Make your bed gently, not perfectly							
☐ Light a candle, close your eyes, and take 3 deep breaths							
☐ Journal one sentence: "Right now, I need"							
\square Play music that reconnects you with calm or power							
☐ Open a window and let fresh air touch your face							
☐ Clean one small space — your desk, your corner, your energy							
☐ Read one page of a book that reminds you of who you're becoming							
☐ Say no to one thing that drains you today							
☐ Text someone who feels like safety							

☐ Sit with your hand on your heart and say: "I'm still here."							
☐ Repeat your anchor identity aloud or silently: "I'm a woman who returns. I do not abandon myself."							
Tip:							
Keep it small.							
This isn't about catching up.							
It's about gently reclaiming your momentum without pressure or performance. One act of self-respect is enough to shift the entire day.							
Step 3: Reframe the Story You're Telling Yourself							
The spiral doesn't begin with action — it begins with the story you're telling yourself about who you are.							
When you fall off, your mind wants to write a familiar script:							
"You're failing. You're not consistent. You'll never change."							
But that isn't truth — it's <i>patterned shame</i> .							
This step is where you take the pen back.							

○ Interrupt the Script: Reframe It With Self-Respect

Choose a statement below that sounds like your current inner voice — then rewrite it.

Instead of: I always mess this up.
Say: "I'm someone who returns — and every return strengthens my self-respect."
X Instead of: "I don't have discipline."
Say: "I am learning to choose structure with care, not pressure."
X Instead of: "I should be further along by now."
✓ Say: "I'm not behind — I'm becoming."
X Instead of: "I can't stay consistent."
Say: "Consistency is a skill I'm building with compassion."
X Instead of: "Why bother? I'll mess it up again."
Say: "Every time I show up, I rewrite the ending. I am worth the effort."
Reframe With Your Own Words
Finish this sentence in your own way:
"I'm not failing — I'm"
Write your version here:
☐ Final Grounding Question:
What would the woman I'm becoming do next — just for today?

Don't overthink. Don't make it big. Just answer gently, honestly.

Write it down:			

This is not about perfection.

It's about returning.

Every reframe is a bridge back to yourself.