

**You're still  
holding yourself  
to the same  
standards you set  
back in January...**

*But... what if you're not the same  
person anymore?*

## What started with you **doesn't always end with you.**

We're already in June, and somehow, six months have flown by. Six months in which **you've made decisions** (some better than others), **taken on responsibilities... and piled expectations on yourself.**

Maybe that goal you set in January doesn't excite you like it used to.

Maybe you're still pushing yourself just out of habit.

Maybe you're holding onto something that doesn't quite fit you anymore.

**This isn't about changing everything or starting from scratch.** It's simpler than that: it's about asking yourself if there's something you could let go of now, so you can step into the second half of the year feeling a little lighter.

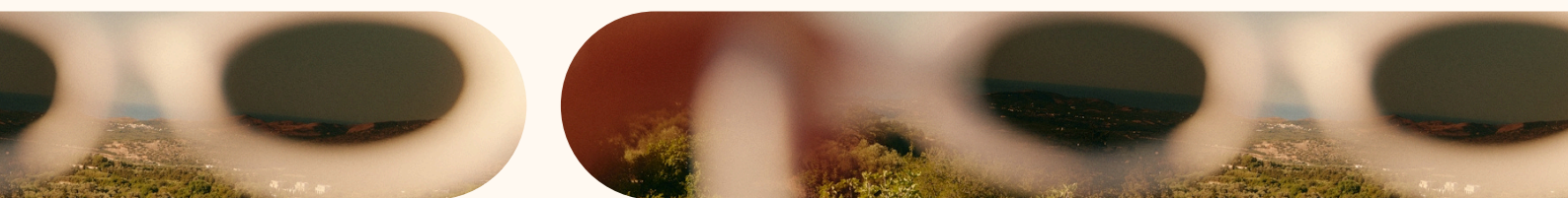
## A short reflection exercise

Here's your moment, try this exercise:

- List **5 things you feel you've been carrying** these past months.
- Note **which ones still make sense today...** and which don't so much.
- **Pick one** to let go of this month.

Our minds tend to keep "open" things active, even when they're no longer priorities, they drain mental energy.

**Closing small cycles, even symbolically, eases the load and clears your head.**



## Continue your development...

Here's a blog on dealing with perfectionism and self-imposed pressure.

[Read blog](#)

Missed one of our previous pills? You can find them all [here](#).

