

Journal Prompts for

Slow down. You're not behind.



What does “being behind” mean to me
– and whose timeline am I measuring
myself against?

What pace feels natural to my body
and mind when I’m not trying to push?

Where in my life am I rushing out of
fear, not alignment?

What would I be doing differently if I
truly believed I wasn’t behind?



How has the pressure to keep up affected my nervous system, my relationships, or my self-worth?

What small part of me already knows it's safe to slow down? What does she need to feel supported?

In what ways have I already grown, even if it doesn't look "productive" from the outside?



HEALING FROM AUTISTIC
BURNOUT

What would it feel like to live my life at my rhythm – not someone else's?

Write a letter from your future self, reassuring you that you're exactly where you need to be. What does she say?

What do I need to hear today to feel safe enough to pause, rest, or take up space – without guilt?



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