

The Meditation

The Comeback

Take a slow breath in and a slow breath out. Again...breathing in and breathing out.

There is nothing you need to fix in this moment, just allow yourself to arrive. Now I'd like you to imagine something. Imagine tomorrow doesn't go to plan.

- ♥ You wake up tired.
- ♥ Someone disappoints you.
- ♥ You become overwhelmed.
- ♥ You fall back into an old habit.
- ♥ You say yes when you meant no.
- ♥ You criticise yourself.
- ♥ You lose your patience.

For a moment, it feels as though you've taken a step backwards.

Now stop the story there.

Because this is the moment that used to define your life. Not the mistake. What happened next. Take a slow breath. Imagine yourself noticing what has happened. Not with frustration. Not with shame. Simply with awareness.

You quietly say to yourself, 'there it is, the old pattern.'

Notice how different that feels. No panic. No self-criticism. No dramatic conclusions. Just recognition.

Now imagine yourself taking one small step back towards yourself. Perhaps you apologise. Perhaps you set the boundary

you forgot to set. Perhaps you take a walk. Perhaps you begin again.

Whatever it is, notice how ordinary it feels. **This is what lasting change looks like.** Not never getting it wrong, but getting back on your own side more quickly, voting for yourself again.

Take another slow breath.

Now imagine this happening again: another difficult day, another setback, another opportunity to return, and again, you come back to yourself. Notice something remarkable: each return feels easier, quicker, more natural - not because life has become easier, but because you've become stronger, more flexible, more resilient.

Take one more slow breath. Silently repeat these words: I don't need a perfect day to keep healing. I don't need a perfect week to keep growing. One moment does not decide my future. **My next choice, does.**

Let those words settle. Your life will never be built by the days everything goes perfectly. It will be built by the ordinary days when you quietly refuse to give up on yourself.

So, as you leave this meditation, don't aim for perfection. Aim for your next good decision. Then the next. Then the next.

Because that's how patterns are broken and lives are mended - one comeback at a time. Take one final deep breath. Smile. You've already survived every difficult day you've ever had. Now

you're learning something even more powerful: **how to come back from them.**

Your story isn't written by the moments you fall. It's written by the moments you decide to keep going.