

## Soft Words for Hard Feelings

---

### **I'm So Tired of Trying**

*(for when everything feels like effort and nothing gives back)*

You've been *trying* for so long.

Trying to be okay. Trying to do the right thing. Trying to stay hopeful.

Trying to live a life that feels like it might finally, *maybe*, offer something back.

But it hasn't, not really.

And now you're tired in a way that rest doesn't fix.

Because this isn't about sleep.

This is about the kind of exhaustion that comes from caring too much  
in a world that takes too much  
and gives too little in return.

You were not built to endure without renewal.

You were not meant to carry the whole burden without being met.

It's okay if you need to put it all down for a while.

If you need to stop striving.

If you need to say, "*I can't keep doing this unless something gives.*"

That's not quitting. That's *truth*.

And the truth is:

You don't need to earn your worth through endless effort.

You are allowed to exist without producing, proving, or pushing.

Let yourself stop.

Let yourself soften.

Let yourself be tired — without shame.

You've done enough.

And you are enough.