

Letter to you

HEY YOU!

Well.

That was a day.

Not a disaster—just... one of those. The kind where you did your best, and the day politely ignored it.

Some things went well. Some things absolutely did not. And at least one moment probably made you pause and think, “Wow, I cannot believe this is my life.” Valid.

But here’s what I want you to remember before you replay everything for the tenth time:

You showed up. You tried. You handled more than it probably looked like from the outside. And despite the chaos, you’re still standing. Slightly tired. Possibly hungry. But standing.

You’re allowed to laugh at the parts that didn’t go as planned—the spilled thing, the forgotten thing, the moment you answered a question with a sigh instead of words. That wasn’t failure. That was effort meeting reality.

So tonight, let the day be done. You don’t need to fix it, analyze it, or turn it into a learning moment. Some days are just... days.

Drink some water. Sit down. Stare at nothing for a minute if you need to. Tomorrow can handle itself.

You did enough.

Even if it didn’t feel like it.

With care,

someone who gets it