

CREATED BY
THE SOFT SPACE



You're
Not
Lazy.

If you're feeling like you "should" be doing more,
but can't seem to make yourself move...

Please read this slowly.

You are not lazy.

You are *not* broken.

You are not falling behind.

You are processing.

Emotionally. Mentally. Physically.

Spiritually.

Your system might be holding tension you
didn't even realize was there.

Your heart might be carrying stories you
haven't had time to unpack.

Your body might be asking you to rest - not
because it's weak, but because it's *wise*.

What “Laziness” Might Actually Be

*Gentle breakdowns of what could be under the surface,
with affirmations.*

If its **Burnout**:

- “I am not lazy - I am exhausted from trying so hard for so long.”
- “I deserve to rest without guilt even when things are unfinished.”

If its **Depression or Emotional Numbness**:

- “I am not lazy - I’m carrying weight that no one else can see.”
- “Even when I feel nothing, I still matter.”

If its **Executive Dysfunction**:

- “I am not lazy - I’m struggling to start, not refusing to try.”
- “My brain needs different pathways, not punishment.”

If its **Sensory Overwhelm**:

- “I am not lazy - I’m overstimulated and my system is protecting me.”
- “Quiet is not laziness. Avoidance is not weakness. It’s wisdom. I get to pause and make space for safety in my body.”

If its **Fear of Failure**:

- “I am not lazy - I’m scared it won’t be good enough, and that’s human.”
- “I don’t need to get it perfect to get it going.”

If its **Disconnection or Purpose Fatigue**:

- “I am not lazy - I’m lost, and that’s not a flaw. I’m allowed to not know where I’m going. My worth isn’t in the direction.”
- “Lack of motivation is a clue, not a character defect.”

**Use these journal prompts or just reflect quietly.
No judgement, no fixing.**

“What does your mind say when you’re resting? Where did that voice come from?”

“When you think about starting something, what stops you before you begin?”

“What would ‘enough’ look like if you stopped measuring it by productivity?”

“How would you treat a friend who felt the way you do right now?”

Thank you for being here.
You're not alone.
You matter.
This is your soft space.

This space is for you. You can use it to reflect on the prompts, write freely, draw, rest your thoughts - or simply leave it blank. There's no right or wrong way to show up here.