

10
Gentle
Prompts
for
Heavy
Days



By The Soft Space

Some days feel like too much.
Too loud, too heavy, too lonely.
This space is for those days.
Use these prompts as small invitations to
check in with yourself, one gentle breath at
a time.

There's no pressure to be productive here -
just permission to be honest.

You deserve space to feel.
You deserve time to soften.
You deserve to be held.

-With care, Tayler



- **How am I feeling right now - in my body, heart and mind?**

You don't need to explain it. Just notice.

- **What's been quietly weighing on me lately, even if I've been trying to ignore it?**

You're allowed to admit it here - just for yourself.

- **What's something I've needed lately - rest, kindness, reassurance, space?**

Let yourself name it without needing to earn it.

- **Is there something I've been afraid to feel or say out loud?**

You don't have to do anything about it - just gently acknowledge it.

- **What's one small thing I can do to feel a little more supported or safe today?**

Tiny is enough.

- **What emotion or feeling has been showing up a lot for me lately?**

Even if it doesn't make sense - it's okay to notice it.

- **Is there a part of me that's been trying really hard to be okay?**

What might that part need right now?

- **What's something soft or comforting I can offer myself today?**

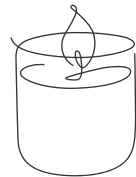
A kind word, a break, a breath.

- **Who or what has helped me feel even a little bit lighter recently?**

Notice what helps, even if it's small.

- **What would I say to myself if I were someone I loved deeply?**

Write it down - even if it feels strange at first.



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.