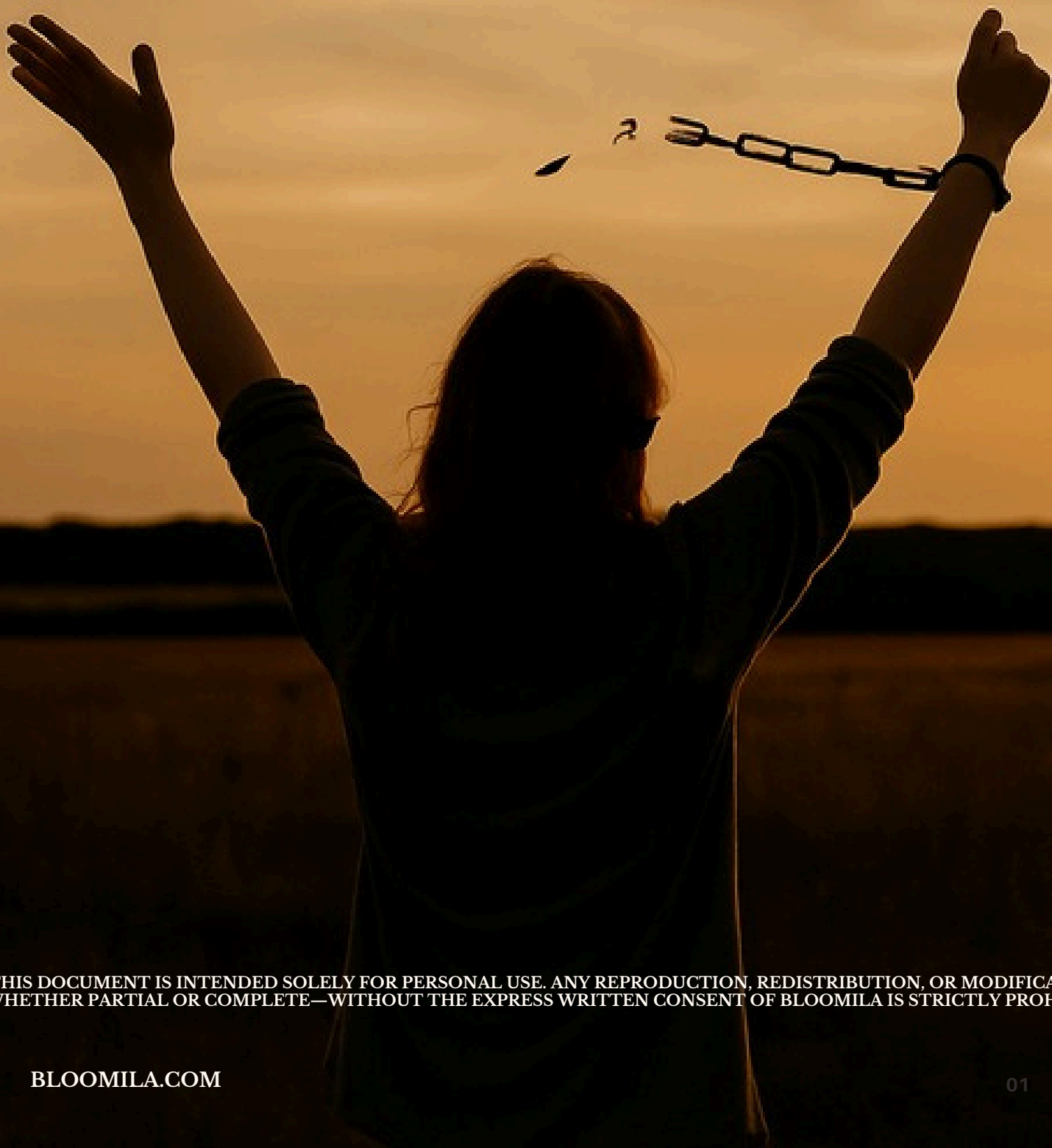


BREAK FREE, *GENTLY*

A MINI-GUIDE TO TAKING YOUR FIRST SOFT STEP



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Welcome to a space designed to hold you.

*Whether you are seeking clarity, calm, direction, or simply a
breath,
this guide was created with you in mind.*

Here, there is no race.

No pressure to prove, perform, or pretend.

This is where your pace is enough.

Where a single quiet step counts.

Where nothing is wrong with beginning again.

Read slowly.

Receive only what speaks to your season.

Let the rest rest.

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Why You Want to Change Everything

Some days, everything feels off.

Your life seems blurry, unstable, too loud.

You feel a vague urge to transform something.

But what exactly?

Often, the desire to change it all comes from...

- a fatigue you've ignored for too long.
- a need for space, not necessarily a full break.
- a sincere impulse... just rushed.

What you feel is valuable.

But that doesn't mean everything must be turned upside down.

Starting gently is also learning to recognize what you've already planted—and what simply needs more light.



The Trap of “I Must Change Everything”

This kind of thought feels empowering at first.

But it can quickly become a heavy burden.

You believe that if you don't change everything, it's pointless. So you delay. You procrastinate. You dream instead of doing.

Trying to change everything all at once is often...

- Too much.
- Too vague.
- Impossible to sustain.

And it makes you believe you're incapable.

But what if you didn't have to change it all?

You can begin with something small.

A quiet “yes.” A tiny win. A gentle shift.

What matters is what you stick to.

Not what you shout loudly.

Three Gentle Truths That Guide You

Acknowledge what you feel. Even if it's blurry. Even if it "makes no sense." What you feel doesn't have to be useful to be heard.

Name one thing you want to change.

Not everything. Just one.

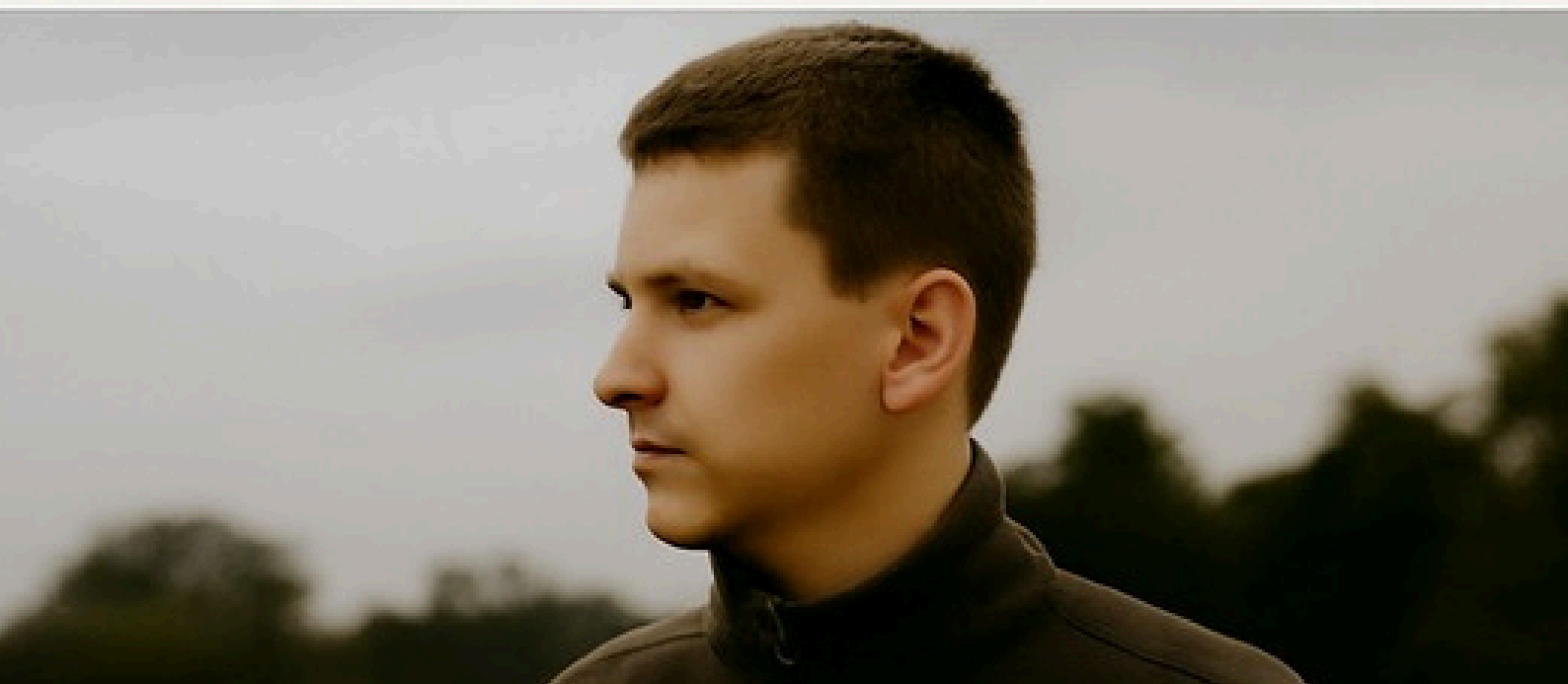
One thing that weighs you down, irritates you, or keeps you from what you long to live.

Write your first gesture.

A small movement.

Not a plan. Not a promise.

Just a spark. Even if it's fragile.



JUST BREATHE. THAT 'S ENOUGH.

There is nothing to do. Just be here.

Sit down. Drop your shoulders.

Let go of what you're holding too tightly.

You don't need to perform.

You don't need to prove anything.

You are already moving.

Simply by bringing your attention to this moment.

A quiet ritual

1. Close your eyes.

2. Inhale for 4 seconds.

3. Exhale for 6 seconds.

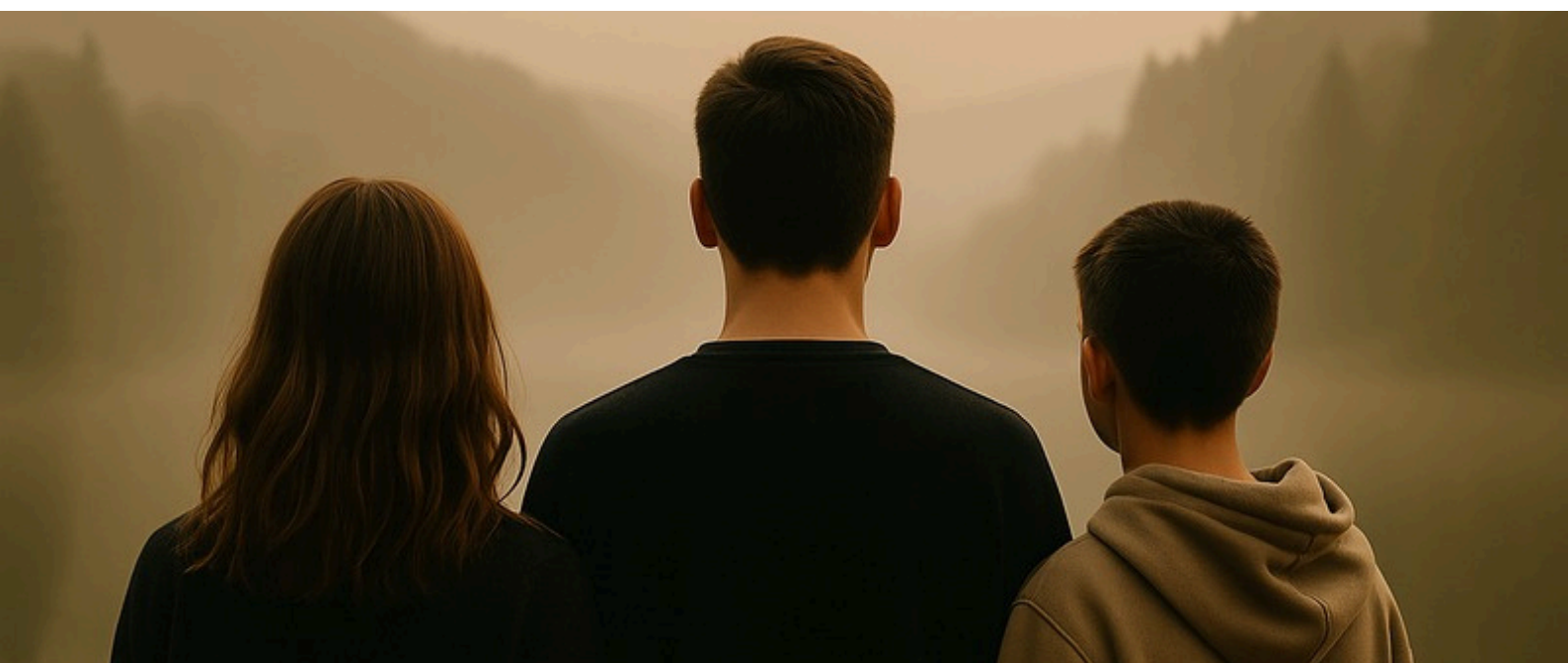
4. Repeat 3 times.

Then slowly open your eyes.

Write down the **first thought** that comes.

No judgment. Just a place to set it down.

Let the first breath be enough



Thank you for taking this moment.

You've already taken a step. And that matters.

-keep exploring at Bloomila.com

-Receive the Morning Letters: a gentle dose of clarity

-Follow us on Instagram : @Bloomila.co

Take your time.

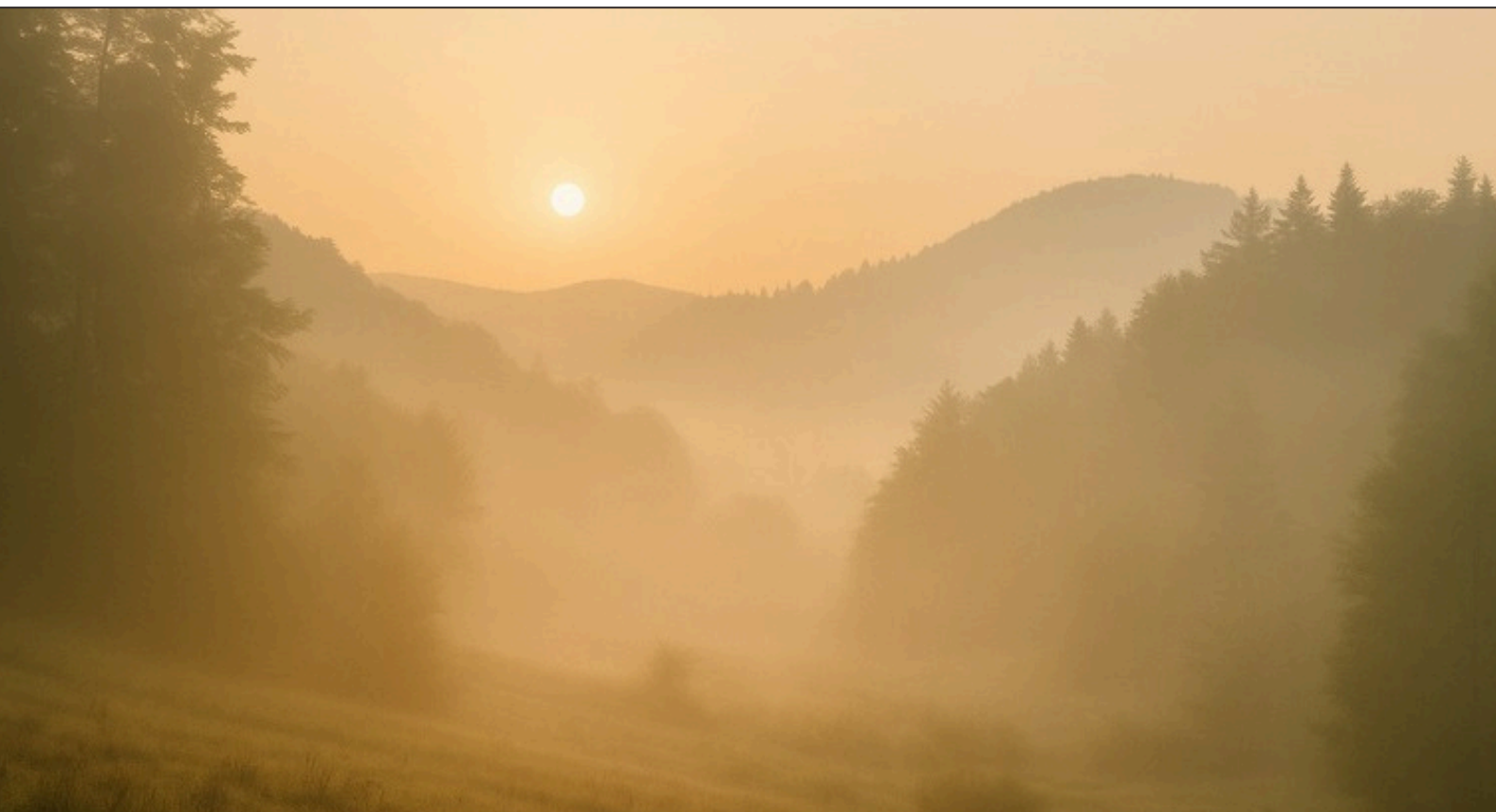
We're here when you're ready.

If you have a question or simply want to share a thought, feel

free to

write us

CONTACT@BLOOMILA.COM



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