

# My Toolkit

*A permission page and a plan, in one.*

Tools are smart self-care, never a verdict on your progress. This page is for naming what helps, planning for the days that differ, and handing yourself the permission you were owed all along.

## My tools, and what each one gives me (the door it opens)

My tool	What it gives me

**On a steady day, I might:**

**On a hard day, I lovingly give myself:**

*A tool that gives you your day back is a success, not a failure. Your body is dynamic, so needing support today and not tomorrow is wisdom, not weakness. You never have to look sick enough to deserve the help that helps you.*

**I give myself full permission to:**

### WE DON'T MEASURE YOU BY WHAT YOU GIVE UP

Here, the right supports are the management, not the thing to get rid of. Progress is a fuller life with less pain, never a smaller pile of tools in the closet.