

LAMORA D. PACE

PRESENTS

WHAT ARE YOU *Really* Holding?

A Reflection Journal
for the Emotionally
Weighed Down

LAMORAPACE.COM



A NOTE FROM LAMORA

Dear You,

Let me be the one to say it:

You're not crazy. You're not broken. You're not too much. You're just weighed down—by years of expectations, trauma, silence, and survival. And no one ever taught you how to put it down.

You've been strong. You've shown up. You've made it work. But have you ever asked yourself... *"At what cost?"*

This journal is your space to pause.

Not to fix anything—but to feel, reflect, and release what's been buried under your performance, your responsibilities, and your pain. Because you deserve more than just functioning. You deserve clarity. You deserve support. You deserve peace.

Let's begin.

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THE WEIGHT CHECK-IN:

We normalize burnout. We romanticize “pushing through.”
But at some point, your body, your mind, and your heart will ask:
What are we doing this for—and how much longer can we hold it?

Reflect on these questions:

1. *What’s been feeling heavy in your life—emotionally, mentally, spiritually?*
2. *What’s been keeping you up at night?*
3. *What emotions have you been avoiding, numbing, or silencing just to keep going?*

Let it spill out. Don’t worry about spelling, grammar, or structure.
This page is for truth—not performance.

THE PRESSURE TO PERFORM

"I Show Up, But I'm Not Okay."

You've mastered showing up. But what if "showing up" is actually how you've been hiding? You go to work. You show up for your kids. You post. You lead. **But who shows up for you?**

Reflect on these questions:

- 1. Who do people think you are vs. how you really feel inside?*
- 2. What roles or identities are you performing out of survival?*
- 3. What would it look like if you stopped performing and started honoring what you actually need?*

Write it like you're finally telling the truth—because you are.

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YOU WERE NEVER MEANT TO HOLD THIS

It's time to **name the pain** that didn't start with you—but has been sitting on your chest like it belongs there.

Reflect on these questions:

- 1. What problems or expectations have you taken on that aren't yours to fix?*
- 2. What emotional messages did you internalize growing up (i.e., "Don't be too sensitive," "Be strong," "Don't speak up")?*
- 3. What would you feel if you put that weight down?*

This is your permission slip to **release what no longer serves you.**

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FROM SURVIVING TO HEALING

Now that you've named what you've been carrying, let's shift the question: **If you weren't carrying all this, how would you feel?**

Not who you were told to be.

Not who others expect you to show up as.

Just you—healed, present, and whole.

Reflect on these questions:

1. *What does emotional peace look like for you?*
2. *What kind of support would help you get there?*
3. *What are three things you can do in the next 7 days to choose your healing?*

Speak life into yourself. You've already done the hardest part—being honest.

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CLOSING WORDS FROM LAMORA:

Healing isn't a trend. It's sacred work. And it takes courage to even begin. So if this journal opened something up in you— Let that be a confirmation. A confirmation that you're ready to stop surviving in silence and start getting the support you deserve.

You don't have to keep doing this alone.

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