

The SGW Mirror™

See the pattern before you try to fix the life.
This is not something to fix.
It's something to see.

Read this slowly.

You may recognize yourself in it.

Pause here.

Was there a moment recently
where something in you already knew...
but you kept going anyway?

What You May Be Carrying (and Not Naming Yet)

1. The Pattern Was Useful

Super Glue Woman did not appear by accident.

She was built through responsibility,
love, competence, loyalty,
and being the one who could handle things.

The pattern likely helped you succeed.
It may have protected others too.

Honor that truth.

2. What Helped Then

May Weigh You Down Now

Anticipating everything.
Managing everyone.
Staying alert.
Being dependable at all costs.

A strategy can be helpful in one season
and heavy in the next.

3. The Cost Is Often Invisible

The cost is not only time.

It can look like
tension in the body,
difficulty resting,
overthinking,
feeling unseen,
or forgetting what you need.

4. You Are Not the Role

Being reliable is something you do.

It is not who you are.

Holding everything together
may have become identity.

Identity can soften.

5. Relief Usually Starts Small

Not with a dramatic exit.

Often with one pause.

One honest no.

One breath before responding.

6. Others May Notice the Change

When you stop over-carrying,

some people may feel discomfort.

That does not automatically mean you are wrong.

Sometimes people notice boundaries

before they notice your exhaustion.

7. The Body Often Knows First

You may feel it as

shoulders dropping,

jaw softening,

breathing deepening,

or less urgency in your system.

The body often feels safety

before the mind explains it.

Reflection Prompts

- What have I been carrying that was never fully mine?
- Where did helpful become identity?
- What does my body feel like when I stop bracing?
- What am I afraid will happen if I do less?
- What actually happens when I do less?
- What support would feel kind right now?

You do not need to collapse to deserve relief.
The next step can be gentle.
Lighter. Clearer. Steadier.
If you felt even a small shift reading this,
that's usually where we begin.

A Light'N the Load™ Reset is a simple, private space
to follow that signal and lighten what's underneath.

You don't have to explain everything.
You don't have to be ready.
Just begin where you are.

Ginny
Light'N the Load™