
A FREE GIFT FROM SALIMA

No Performance Required

A Morning & Night Script for Women Done Proving Themselves

This script is for the days the old reflexes come back. The days you catch yourself rushing to the door before she even looks up. The days you smile when you do not mean it or give more than was asked because some quiet part of you still believe you need to earn your place.

Read this in the morning before the world asks anything of you. Read it at night to return to yourself. You do not have to perform goodness. You never did.

MORNING SCRIPT

I Move From Choice

Today, I do not perform myself.

I do not need to prove I am good, kind, or acceptable. I am not here to manage perceptions. I am here to live my life, clearly and honestly.

I choose my actions because they feel right to me, not because I need approval, validation, or permission.

If people misunderstand me, I allow it. If people like me, I allow it. If people don't, I allow it.

I do not negotiate my humanity through behavior.

Today, I move from choice, not from performance.

NIGHT SCRIPT

I Return to Myself

Today, I release any effort I made to be understood.

I release the need to be seen as good in everyone's eyes. I release the pressure to adjust myself to fit expectations.

I am not responsible for every interpretation of me. I am responsible for my integrity and my presence.

Where I acted from fear, I forgive myself. Where I acted from awareness, I acknowledge myself.

I return to myself now. Whole, unperformed, unedited.

I do not need to prove anything to rest. Tonight, I am simply a human being — and that is enough.

A JOURNAL PROMPT TO GO DEEPER

Am I doing this because I want to, or because I need to be seen in a certain way?

Sit with that question. Write whatever comes.

Salima

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