

Tiny Truths in Six Words

101 Encouraging Reminders for Millennial Women Who Feel Deeply

<https://www.inspirationalguidance.com>



inspirational guidance
edited by Diana Morgan

INTRODUCTION:

These are not just very short stories, they are truth bombs, life whispers, and tiny revolutions in six words. You won't find fluff here. You'll find quiet strength, emotional honesty, and permission to start again, gently.

This book is for you, the woman figuring it out one bold decision at a time. Read them slowly. Revisit often. Write your own. Make them affirmations.

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10 THEMED SECTIONS

1. Self-Worth & Identity

- *Stopped explaining. Started being fully herself.*
 - *Took her power back. Felt amazing.*
 - *Worth more than someone's "maybe" love.*
 - *Soft voice, solid truth, unshakable roots.*
 - *Learned to value herself, finally did.*
 - *Tired of hiding. Started showing up.*
 - *She's enough. Yes! even when unfinished.*
 - *Born to stand out, stayed quiet.*
 - *Quiet women carry very loud strength.*
 - *You are already everything you need.*
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2. Starting Over & Change

- *Restarted again. This time, for herself.*
 - *Fell apart. Rebuilt something even better.*
 - *Life paused. She pressed play again.*
 - *Walked away and her peace returned.*
 - *Started where she stood. Moved forward.*
 - *Not behind. Just on another path.*
 - *Let go. Let life flow through.*
 - *Burned it down. Bloomed from ashes.*
 - *Change scared her. She did it anyway.*
 - *Lost the map. Found her way.*
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3. Confidence & Boldness

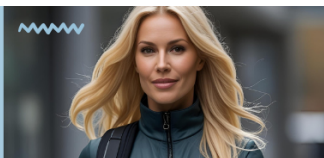
- *She said no. It felt incredible.*
- *Scared, but showed up anyway. Brave.*
- *Not bossy. Just beautifully in charge.*
- *Unapologetic. Undeniable. Unshakably herself.*
- *Speaking up is her new superpower.*
- *Didn't need saving. Just space, thanks.*
- *She stopped shrinking. The room noticed.*

- *Said less. Meant more. Felt better.*
 - *Took up space. Didn't feel guilty.*
 - *Wasn't too much. Wasn't too little.*
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4. Rest & Boundaries

- *No is a full sentence. Period.*
 - *Rested without guilt. That's healing too.*
 - *Peace became non-negotiable. Everything changed.*
 - *Said "maybe later" and meant "never."*
 - *Chose silence over chaos. Protected energy.*
 - *One nap. Whole perspective shift. Magic.*
 - *Logged off. Breathed in real life.*
 - *Overbooked soul. Underwhelmed spirit. Fixed that.*
 - *Boundary built. Peace restored. Smile returned.*
 - *Tired of "busy." Chose balance instead.*
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**Build
Emotional
Resilience**



**Steady Yourself Under Stress
With the PAUSE Emotional
Resilience Bundle**

reset when emotions
overwhelm you

SHOP HERE

5. Love & Relationships

- *Loved herself. The rest followed naturally.*
 - *Settled once. Never again. Lesson learned.*
 - *Craved depth. Dismissed surface-level love.*
 - *She stayed single. Found herself whole.*
 - *Needed kindness. Gave it to herself.*
 - *Outgrew him. Grew into herself.*
 - *Loved without losing herself this time.*
 - *No more breadcrumbs. Deserved the feast.*
 - *She left. He never expected that.*
 - *Her standards rose. So did she.*
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6. Grief, Healing & Letting Go

- *Cried hard. Loved deeply. Still healing.*
- *Missed what was. Made peace anyway.*
- *Didn't get closure. Still closed it.*
- *Felt everything. Healed anyway. Quiet warrior.*
- *Let it hurt. Then let go.*
- *Closure wasn't needed. Healing still happened.*
- *Held the grief. Honoured the love.*

- *Goodbye didn't mean forgotten. Just released.*
 - *Pain taught her more than comfort.*
 - *Still soft, even after all that.*
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7. Joy, Gratitude & Present Moments

- *Laughed loudly. Didn't apologise. Felt good.*
 - *Found joy in very small things.*
 - *Said "thank you". Meant it fully.*
 - *This moment? Enough. Fully, deeply enough.*
 - *Made tea. Watched rain. Felt grateful.*
 - *Slow mornings. Big feelings. Beautiful beginnings.*
 - *Smiled at strangers. Received it back.*
 - *Noticing the now. That's the gift.*
 - *Happiness wasn't loud. It was peace.*
 - *Simple things saved her. Every time.*
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8. Purpose & Progress

- *One step forward. Still counts. Always.*
- *Didn't hustle. Still made it happen.*
- *Her timeline. Her pace. Her terms.*

- *Built something soft and quietly powerful.*
 - *Defined success on her own terms.*
 - *Took detours. Still reached her dreams.*
 - *Grew slowly. Still grew. Still mattered.*
 - *Aligned, not rushed. Felt right inside.*
 - *Not late. Not early. Just aligned.*
 - *Purpose whispered. She finally listened.*
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9. Courage & Resilience

- *Scars visible. Strength louder. Still standing.*
 - *Messy middle. Beautiful breakthrough. She's trying.*
 - *Brave enough to begin again — again.*
 - *Her doubt screamed. She moved anyway.*
 - *Hard season. Softer heart. Braver spirit.*
 - *She kept going. That was enough.*
 - *Didn't quit. Didn't crumble. Recalibrated instead.*
 - *Lost her way. Didn't lose herself.*
 - *Still rising. Still real. Still here.*
 - *Quiet resolve. Loud result. Watch her.*
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10. Future & Hope

- *Dreamed bigger. Trusted deeper. It unfolded.*
 - *Hope whispered louder than her fear.*
 - *Believed in more. Received even better.*
 - *Planted faith. Watered daily. Growth happened.*
 - *Something beautiful is still becoming real.*
 - *Her future felt warm and possible.*
 - *Said yes to hope. Said yes.*
 - *Not sure how — said yes anyway.*
 - *Not there yet. Still dreaming daily.*
 - *Becoming the woman she once needed.*
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Write Your Own Tiny Truth

You've just read 101 six-word stories — now write your own.

Prompt:

What do you need to hear today — in six words or less?

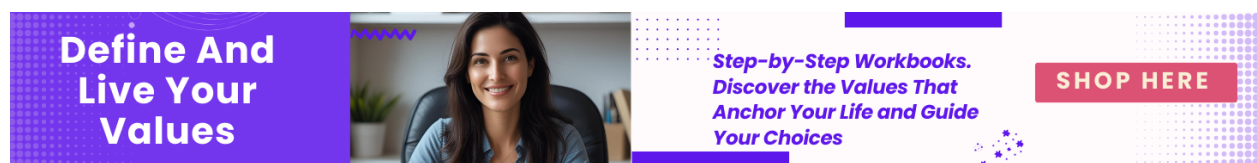
Write it. Say it out loud. Stick it to your fridge.

Let it be your reminder, your mantra, your truth.

When you're ready, visit inspirationalguidance.com for more tools, journals, and grounded support.

Edited by Diana Morgan for Inspirational Guidance.

A quiet voice for bold women.



Define And Live Your Values

*Step-by-Step Workbooks.
Discover the Values That
Anchor Your Life and Guide
Your Choices*

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