

PREIKSHA JAIN

Read This
When
You
Forget
Who You
Are



100 SOFT REMINDERS FOR THE DAYS YOU FEEL
INVISIBLE, TIRED, OR NOT ENOUGH



Dedication

For every woman who's ever
whispered "I'm tired" and kept
going anyway.

This is for you.



Acknowledgment

To the women in my life who reminded me to rest, feel, and begin again—this book exists because of your echoes in my silence.

You brought me home to myself.



Author's Note

For the days you forget who you
are.

When life feels too loud or too
quiet.

This book won't fix you.
It'll sit with you.

A soft reminder:
You matter. You're not too much.
You can begin again.

Come back anytime.



1

Sometimes you need a walk,
a playlist from 2013, and a
reason to say no without
guilt.



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2

You checked five times if
they saw your story. It
doesn't make you desperate.
It makes you human.



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3

You reread old messages like
they're proof.

Not because you miss them—
but because that version of
you mattered.



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4

Healing isn't loud.
Sometimes it looks like rest,
food, and not texting back.



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5

You don't owe closure to
people who gave you
confusion.



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6

You are allowed to take the
day off.

You are allowed to **not**
explain why the dishes aren't
done, clothes aren't ironed,
or room isn't cleaned.



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7

Your body is not a before or
after picture.

It's your home.



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8

The tea went cold. The to-do list stayed untouched. But you got out of bed.

That's the important part.



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9

You don't want advice.

You want someone to just sit
next to you while you scroll
in silence or rant about
everything.



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10

You deserve to be held when
the days are rough.

You deserve to be loved
when nights are sleepless.

You deserve to be soothed
when life seems to be falling
apart.



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11

Start over.
As many times as you want.
As many times it takes.
As many times it is needed.



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12

You are not late. You are not behind. You are on your timing.



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13

Stop watering connections
that only drain you.

They are not worth your
glow, energy, and calm.



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14

Your softness is not your
weakness.

It is the most precious and
sacred thing they lost the
privilege to experience.



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15

You are strong, already.

You never had to prove it to
anyone.

Allow yourself to break, and
rebuild.



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16

You are gorgeous work in
progress.

Keep designing yourself as
per your pace.



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17

You are working towards
becoming who you already
were.

Their expectations and
opinions of you don't matter.



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18

You are not hard to understand; they just weren't listening.



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19

The only expectations you
ever need to meet are your
own.

Others' are just noise you can
let drown.



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20

You're not hard to love.

You were just surrounded by
people who didn't know how.

And that's not on you.



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21

Some days you won't be
inspiring or productive.

You'll just exist.

That's enough.



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22

You're not dramatic.

You're responding to years of
being dismissed, sidelined,
and overlooked.



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23

You didn't mess up—you just didn't have the language, clarity, or safety yet.



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24

If someone only sees your worth when you're useful, it's not love.

It's convenience. And you don't need that.



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25

You don't have to turn every
heartbreak into a lesson.

Some things were just
unfair, and some people
were just cruel.



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26

Letting go isn't always about strength.

Sometimes it's about holding grudges, grieving your past self every day, and crying till the tears run dry.



27

You can still love them and
have boundaries of never
letting them back in.

Those two are not conflict.



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28

Don't apologize for your
sensitivity.

It's how you see what others
miss. That's what makes you
unique.



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29

You deserve more than
being someone's emotional
landing strip.

You deserve reciprocity.
Mutuality. And an intentional
choice of being chosen.



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30

You didn't overstay.

You stayed until you
believed you deserved
better.

That's different.



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31

You don't owe anyone a
version of you they feel more
comfortable with.



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32

Some endings are not
abandonment—they're your
soul rescuing itself.



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33

You were not too trusting.
You were hopeful.

Don't shame that part of
you.



34

You are strong when you say,
“I don’t want to carry this
anymore.”



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35

You're allowed to say, "This
doesn't work for me,"

without guilt or a 500-word
explanation.



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36

They don't get to call you
difficult just because you
stopped tolerating their shit.



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37

Leave the room where you
are not being heard, seen or
understood.

They are not your people,
they never will be.



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38

No one gets to define your
story by the parts they don't
understand.



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39

Let them say you changed.
You didn't survive everything
just to stay the same.



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40

Love doesn't require you to
become smaller.

If it does, it's not love. It's
control dressed up.



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41

You're not too sensitive.
You're just no longer
pretending it doesn't sting.



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42

Closure is overrated.
Peace comes when you decide
you're done carrying someone
else's silence.



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43

Sit in the cafe with your favourite
book and music in the ears.

Order your favourite drink and
dessert.

The world can wait. The problems
can wait. Life can wait.



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44

You won't have to beg to be seen, held, and chosen.

You won't have to go out and beyond for them to know your worth.

The real one is going to love you for who you are.



45

You are not failing at life.

You're learning how to be
gentle with yourself in a
world that profits from your
self-doubt.



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46

You didn't ruin it. You were
just the only one trying.



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47

You can outgrow a coping
mechanism and still thank it
for helping you survive.



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48

An iced coffee, a chocolate chip cookie, and a romcom-sometimes, that's all it takes to keep you from spiralling.



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49

You don't need a new
personality.

You just need rest, carbs,
and to block two people.



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50

You didn't start over too late.

You started the moment you
were brave enough to choose
yourself.



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51

You've changed.

You take longer to trust,
shorter to recover, and no
longer chase people who
hesitate.



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52

There are still good days
ahead.

Not because someone
promised you—but because
you've made it through worse.



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53

You don't need a big
moment to start again.

Sometimes, it begins with
brushing your hair and
showing up.



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54

You're allowed to be proud
of small things.

A shower. A walk. 4 litres of
water. All of it is progress.



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55

You don't need to journal
right now.

You need a snack and for no
one to talk to you for 45
minutes.



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56

You deserve to be
celebrated, not just
tolerated.



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57

One bad season doesn't
cancel the whole garden.

Give it time; something's
still growing in you.



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58

You are not meant to be
humble about your healing.

Be loud, ferocious, and sexy!



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59

Let joy find you—even if
you're still grieving.



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60

You're doing a lot for
someone who isn't sleeping
well, trusting easily, or
getting what she needs.



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61

The woman you're becoming
is not asking you to rush.

She's asking you to keep
showing up.



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62

You are not made of broken
pieces.

You are made of what
refused to fall apart.



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63

You're not done yet.
There's still so much of you
left to become.



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64

Don't wait for permission to
feel proud of how far you've
come.



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65

You don't need to be
forgiven by everyone.

Forgiving yourself is enough.



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66

Some of your best decisions
won't feel brave at first.

They'll feel quiet. Right.
Heavy. And yours.



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67

Not every burned bridge is a
loss.

Some were exits you didn't
know you needed.



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68

Guilt is not a compass.
It's a bruise. You don't need
to keep pressing it.



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69

You don't have to keep
holding what is no longer
yours to carry.

Put it down.



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70

You're not weak for
struggling.

You're human for feeling it
all.



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71

There's a version of you who
is so rooted—

She doesn't chase, beg, or
perform. She simply is.



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72

You were never meant to
be the background of your
own life.



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73

Self-love isn't bath bombs
and journaling.

Sometimes it's muting three
people and eating the toast
alone.



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74

You were taught to make
others comfortable.

Now you're learning to make
yourself safe. That's growth.



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75

Let go of being
“the good one.”

Be the real one.
The whole one.



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76

You've spent enough time
doubting yourself.

Now's the time to belong to
yourself.



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77

They called it disobedience.
But you were just trying to
keep your soul intact.



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78

You don't have to explain
why you flinch at certain
words.

Some wounds began
before language.



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79

You were punished for your
softness, your queerness,
your questions, your fire.

You're allowed to reclaim
them all.



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80

The little girl who felt like
too much?

She's waiting for you to
finally say, "You were just
right."



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81

You are not here to be
tolerated.

You are here to be free.



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82

You don't need to be useful
to be valuable.

You already are.



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83

Not wanting to be touched,
seen, or available doesn't
make you cold.

It makes you sovereign.



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84

You're not asking for a lot.

You're just not pretending
breadcrumbs are brunch
anymore.



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85

It's okay if you can't hold
space for others today.

You were never meant to be
everyone's therapist.



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86

You're allowed to lose
interest when the energy
feels off.

That's not attitude.
That's accuracy.



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87

Even if your family never saw
the real you, that doesn't
make her imaginary.



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88

The peace you're searching
for isn't far away.

It's in saying no without guilt.



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89

You were always powerful.
They just taught you to forget.



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90

Some people may not understand the way you occupy space.

That doesn't mean you need to shrink.

It means you finally stopped doing so.



The smarter and stronger you
get, the more you want to
spend time by yourself,
read books that shape you,
work out,
eat and dress well,
and make money.



92

Bold woman takes up
opportunities even when she
is not fully ready yet.

She speaks up even when
her voice shakes.

She chases the dreams that
others are too afraid to
pursue. Be that woman.



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93

You hold both fire and calm.
You can be gentle without
breaking, fierce without
hardening.

You are strength and
softness woven together—
and that's powerful.



94

Wear what makes you feel
alive.

Speak kindly to the mirror.
Take yourself out, just
because you exist.

A woman who celebrates
herself doesn't wait to be
chosen— she already knows
she's the prize.



95

Some days you lead with
fire. Some days you barely
hold yourself together.

Most days, you're both—
bruised and brave.

And still, you keep showing
up. That's the part that
matters.



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You're doing what no one
before you was allowed to.
That's why it feels heavy.

But make no mistake—you
are the turning point they
never saw coming.



97

You are not lucky; you
worked hard for it.

You sacrificed a lot, and you
are here because you kept
cheering for yourself and
moving forward.

You are not lucky. You made
it happen.



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98

Your voice counts. You are
the architect of your life.

Your ideas, dreams, energy,
and actions —they all build a
better world for you and
others.

Be proud of it all.



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99

Take your financial
independence very seriously.

The world is unkind to poor
women.



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100

Be the woman who has:
money in her pocket,
knowledge in her mind,
kindness in her heart,
confidence on her face, and
responsibility in her soul.



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About the Author

Preiksha Jain is a writer and relationship coach helping women come home to themselves.

Her work blends truth, reflection, and quiet rebellion—inviting women to stop performing and start belonging.

Find her on Instagram **@mindfulsome**, where healing is soft, strong, and real.



If this book held you, please share it with a woman who needs it.

If it helped you remember who you are, don't forget again.

You can stay connected with **@mindfulsome** for more reflections and tools to support your healing.



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