

STILL ALLOWED

A gentle reminder that your story is still being written.



SHOES OFF WITH KC

Small Tips. Big Difference.

This isn't a 30-day challenge.

You don't need another thing you're supposed to finish.

These are 30 reminders for the moments when life gets loud and you lose track of yourself. Read one today. Read five tomorrow. Come back to the same one ten times if you need to.

There is no finish line here.

No matter your age, where you've been, what you've done, or how much time you think you've lost, you are still allowed to change, rest, begin, dream, laugh, ask, grow, and take up space in your own life.

Write in the margins. Circle a sentence. Skip a page. Come back months from now. The goal isn't to complete this. The goal is to hear yourself again.

You're still allowed.

01 YOU'RE STILL ALLOWED TO CHANGE YOUR MIND.

Something can have been right for you once and still be wrong for you now. Growth changes what fits. You do not owe your past self a lifetime commitment to every decision they made.

THINK ABOUT IT	What are you continuing mostly because you once chose it?
TRY THIS	Give yourself permission to reconsider one thing - without deciding anything today.

A NOTE TO MYSELF

Changing your mind doesn't mean you didn't know what you were doing. It might mean you know more now.

Kc's 2¢

02 YOU'RE STILL ALLOWED TO START OVER.

Starting over is not proof that you failed. Sometimes it is proof that you finally listened. A new beginning can happen at 28, 48, 68, or 88.

THINK ABOUT IT	Where in your life would a fresh start feel more like relief than defeat?
TRY THIS	Take one tiny first step toward the version you would choose now.

A NOTE TO MYSELF

Starting over sounds scary until staying where you are becomes scarier.

KC's 2¢

03 YOU'RE STILL ALLOWED TO NOT HAVE IT FIGURED OUT.

There is no age when everyone suddenly knows exactly what they are doing. Most of us are learning as we go, even when we look certain from the outside.

THINK ABOUT IT	What are you pressuring yourself to have solved already?
TRY THIS	Replace 'I should know this by now' with 'I can learn this now.'

A NOTE TO MYSELF

I'm pretty sure most of us are winging at least part of this. Some people are just better at looking confident while they do it.

KC's 2¢

04 YOU'RE STILL ALLOWED TO WANT SOMETHING DIFFERENT.

Wanting a different life, pace, relationship with work, home, or future does not make you ungrateful. Gratitude and desire can exist together.

THINK ABOUT IT	What do you want now that you were afraid to admit five years ago?
TRY THIS	Write it down without explaining or defending it.

A NOTE TO MYSELF

You can be thankful for the life you have and still wonder what else might be waiting for you.

Kc's 2¢

05 YOU'RE STILL ALLOWED TO OUTGROW PEOPLE.

Not every relationship is meant to stay exactly the same forever. You can appreciate what someone meant to you and still recognize that the relationship has changed.

THINK ABOUT IT	Which relationship leaves you feeling smaller, drained, or unable to be yourself?
TRY THIS	Notice what happens when you create a little more space.

A NOTE TO MYSELF

Not everyone who was meant for one chapter is supposed to be in the whole book.

KC's 2¢

06 YOU'RE STILL ALLOWED TO MAKE NEW FRIENDS AT THIS AGE.

Friendship does not have an expiration date. Some of the people who will understand you best may be people you have not met yet.

THINK ABOUT IT	Where could you regularly show up around people who enjoy something you enjoy?
TRY THIS	Start one conversation you normally would have talked yourself out of.

A NOTE TO MYSELF

Somebody you haven't even met yet could someday be one of your favorite people. How cool is that?

KC's 2¢

07 YOU'RE STILL ALLOWED TO SAY NO WITHOUT A LONG EXPLANATION.

No can be a complete answer. You can be kind without making yourself endlessly available.

THINK ABOUT IT	Where are you saying yes while quietly wishing you had said no?
TRY THIS	Practice: 'I can't do that this time, but thank you for thinking of me.'

A NOTE TO MYSELF

You don't need a PowerPoint presentation explaining why you said no. No is enough.

Kc's 2¢

08 YOU'RE STILL ALLOWED TO BE A BEGINNER.

Being bad at something new is not embarrassing. It is the admission price for learning.

THINK ABOUT IT	What have you avoided because you would not immediately be good at it?
TRY THIS	Try it badly on purpose. Your only goal is to begin.

A NOTE TO MYSELF

Go ahead and be terrible at it. Everybody who's good at something once had absolutely no clue what they were doing.

Kc's 2¢

09 YOU'RE STILL ALLOWED TO MISS WHO YOU USED TO BE.

You can love your life today and still miss an earlier version of yourself. Missing them does not mean you need to go backward.

THINK ABOUT IT	What part of the old you do you miss most?
TRY THIS	Bring one small piece of that person into this week.

A NOTE TO MYSELF

Maybe you don't need the old you back. Maybe you just need to bring a little of them along with you.

Kc's 2¢

10 YOU'RE STILL ALLOWED TO LIKE WHO YOU ARE BECOMING.

You do not have to keep criticizing yourself into becoming better. You are allowed to notice your own growth.

THINK ABOUT IT	What is something about today's version of you that younger you would admire?
TRY THIS	Say it out loud, even if it feels awkward.

A NOTE TO MYSELF

We spend plenty of time noticing what's wrong with us. You're allowed to notice what's pretty great, too.
KC's 2¢

11 YOU'RE STILL ALLOWED TO STOP TRYING TO IMPRESS PEOPLE.

A surprising amount of freedom appears when you stop performing for people who are not living your life.

THINK ABOUT IT	Whose approval still has too much influence over your choices?
TRY THIS	Make one small choice based on what you like, not how it will look.

A NOTE TO MYSELF

The people judging your life aren't the ones who have to wake up and live it tomorrow morning. You are.

KC's 2¢

12 YOU'RE STILL ALLOWED TO DO SOMETHING JUST BECAUSE IT MAKES YOU HAPPY.

Not everything needs to be productive, profitable, impressive, or useful. Joy is a good enough reason.

THINK ABOUT IT	What did you once do simply because you loved doing it?
TRY THIS	Give it 20 minutes this week.

A NOTE TO MYSELF

Not everything needs a purpose. Sometimes "because I wanted to" is a perfectly good reason.

KC's 2¢

13 YOU'RE STILL ALLOWED TO FORGIVE YOURSELF.

You made choices with the information, maturity, fear, resources, and circumstances you had then. Accountability matters. So does mercy.

THINK ABOUT IT	What mistake have you turned into a permanent definition of yourself?
TRY THIS	Write: 'I wish I had done it differently. I also deserve to keep living.'

A NOTE TO MYSELF

You've probably forgiven other people for things you'd never forgive yourself for. Maybe it's your turn.

Kc's 2¢

14 YOU'RE STILL ALLOWED TO ADMIT YOU GOT IT WRONG.

Changing your position after learning more is not weakness. It is growth.

THINK ABOUT IT	What are you defending mainly because admitting you were wrong feels uncomfortable?
TRY THIS	Try saying, 'I see that differently now.'

A NOTE TO MYSELF

Three surprisingly powerful words: "I was wrong." No lightning bolt. No explosion. You'll survive it.

KC's 2¢

15 YOU'RE STILL ALLOWED TO WALK AWAY FROM WHAT NO LONGER FITS.

Time invested is not always a reason to invest more time. Sometimes the bravest decision is to stop forcing a fit.

THINK ABOUT IT	What are you keeping alive mostly because you have already put so much into it?
TRY THIS	Ask: 'If I were choosing today, would I choose this again?'

A NOTE TO MYSELF

Just because you've carried something for a long time doesn't mean you have to carry it forever.

KC's 2¢

16 YOU'RE STILL ALLOWED TO TAKE THE PICTURE.

You do not need to wait for a different body, haircut, outfit, smile, or season of life to be part of your own memories.

THINK ABOUT IT	What moments have you been hiding from because you do not love how you look?
TRY THIS	Get in one picture. Keep it for the memory, not the critique.

A NOTE TO MYSELF

*Get in the picture. Five years from now, you won't be looking at your stomach, wrinkles, or hair.
You'll be looking at the memory.*

Kc's 2¢

17 YOU'RE STILL ALLOWED TO WEAR THE THING.

You are not too old, too big, too small, too ordinary, or too anything to wear something that makes you feel like yourself.

THINK ABOUT IT	What have you decided you are 'not supposed' to wear anymore?
TRY THIS	Wear one thing because you love it.

A NOTE TO MYSELF

If you put it on, look in the mirror and smile...wear the dang thing.

Kc's 2¢

18 YOU'RE STILL ALLOWED TO CALL SOMEONE BECAUSE YOU MISS THEM.

You do not always have to wait to see who reaches out first. Connection sometimes begins with one person deciding pride is less important than love.

THINK ABOUT IT	Who came to mind immediately?
TRY THIS	Send the text or make the call: 'I was thinking about you.'

A NOTE TO MYSELF

Don't keep score over who called last. Sometimes "I miss you" is worth going first.

KC's 2¢

19 YOU'RE STILL ALLOWED TO HAVE A BAD DAY WITHOUT HAVING A BAD LIFE.

A hard Tuesday is not evidence that everything is falling a part. Feelings are real, but they are not always forecasts.

THINK ABOUT IT	What are you turning into a permanent conclusion because today is difficult?
TRY THIS	Do the next kind thing for yourself, then reassess tomorrow.

A NOTE TO MYSELF

Some days just stink. That's a day - not your whole life. Tomorrow gets its own chance.

KC's 2¢

20 YOU'RE STILL ALLOWED TO REST WITHOUT EARNING IT.

Rest is not a prize awarded after you have exhausted yourself. Human beings need recovery before they reach empty.

THINK ABOUT IT	What makes you feel guilty when you stop?
TRY THIS	Take one hour that has no productivity requirement.

A NOTE TO MYSELF

You don't have to run yourself completely empty before you're allowed to sit down.

KC's 2¢

21 YOU'RE STILL ALLOWED TO PROTECT YOUR PEACE.

Peace sometimes requires disappointing people who benefited from your lack of boundaries.

THINK ABOUT IT	What repeatedly disrupts your peace that you actually have some control over?
TRY THIS	Reduce your access, exposure, or obligation by one small degree.

A NOTE TO MYSELF

You can love people and still decide they don't get unlimited access to your energy.

KC's 2¢

22 YOU'RE STILL ALLOWED TO DREAM DIFFERENTLY NOW.

The dream you had at 25 does not have to be the dream you carry at 55. A changed dream is not a smaller life.

THINK ABOUT IT	What sounds exciting to you now - not what used to sound impressive?
TRY THIS	Write a new version of 'someday.'

A NOTE TO MYSELF

You're allowed to want something today that wasn't even on your radar ten years ago. That's called living.

KC's 2¢

23 YOU'RE STILL ALLOWED TO BE PROUD OF HOW FAR YOU'VE COME.

You probably remember your failures in detail and your resilience in shorthand. Give your survival and growth equal airtime.

THINK ABOUT IT	What have you made it through that once felt impossible?
TRY THIS	Write down three things you handled better than you give yourself credit for.

A NOTE TO MYSELF

You survived days you were absolutely certain you couldn't handle. Give yourself some credit for that.

KC's 2¢

24 YOU'RE STILL ALLOWED TO ASK FOR HELP.

Independence is useful. Isolation is not. Letting someone help you can be an act of trust, not weakness.

THINK ABOUT IT	Where are you struggling unnecessarily because you believe you should handle it alone?
TRY THIS	Ask one person for one specific thing.

A NOTE TO MYSELF

You'd probably help someone you love in a heartbeat. Give them a chance to do the same for you.

KC's 2¢

25 YOU'RE STILL ALLOWED TO LAUGH AT YOURSELF.

You can take your life seriously without taking your self seriously every minute. Embarrassment gets lighter when you stop treating every imperfect moment like a verdict.

THINK ABOUT IT	What recent mistake might actually be funny someday?
TRY THIS	Tell the story in a way that lets you laugh too.

A NOTE TO MYSELF

You're going to do ridiculous things. You might as well get a good story out of them.

Kc's 2¢

26 YOU'RE STILL ALLOWED TO TRY AGAIN.

A previous attempt is information, not a prophecy. You are not required to get something right on the first try.

THINK ABOUT IT	What did you quit after one disappointing attempt?
TRY THIS	Try again with one lesson from last time.

A NOTE TO MYSELF

The first attempt already taught you something. So technically, you're not starting from the same place this time.

KC's 2¢

27 YOU'RE STILL ALLOWED TO STOP COMPARING YOUR TIMELINE TO THEIRS.

Someone else's highlight, milestone, income, marriage, house, body, retirement, or success does not tell you whether you are late.

THINK ABOUT IT	Who or what makes you feel behind?
TRY THIS	Mute the comparison for a week and pay attention to your own life.

A NOTE TO MYSELF

Their Chapter 20 has absolutely nothing to do with your Chapter 7. Keep turning your own pages.

Kc's 2¢

28 YOU'RE STILL ALLOWED TO MAKE THE NEXT CHAPTER YOUR FAVORITE.

You cannot rewrite the pages already lived, but you still have authorship over what happens next.

THINK ABOUT IT	If the next five years surprised you in the best way, what would be different?
TRY THIS	Choose one sentence you want the next chapter to be about.

A NOTE TO MYSELF

You can't edit the chapters you've already lived. But look at that - there's still a blank page in front of you.

Kc's 2¢

29 YOU'RE STILL ALLOWED TO TAKE UP SPACE IN YOUR OWN LIFE.

You are allowed to have preferences, needs, plans, opinions, time, joy, and dreams that belong to you.

THINK ABOUT IT	Where have you become a supporting character in your own story?
TRY THIS	Put one thing that matters to you on the calendar.

A NOTE TO MYSELF

You spend a lot of time making room for everyone else. Make sure you saved a seat for yourself.

KC's 2¢

30 YOU'RE STILL ALLOWED TO BECOME SOMEONE YOU HAVEN'T MET YET.

You are unfinished. That is not a flaw; it is possibility. There are interests you have not discovered, people you have not met, places you have not seen, and versions of you that have not had their chance yet.

THINK ABOUT IT	What if the best part of you is not behind you?
TRY THIS	Leave a little room in your plans for surprise.

A NOTE TO MYSELF

Here's my favorite part: you have no idea who you might be a year from now. Don't count that person out.

KC's 2¢

Before you go...

Maybe finding your way back to yourself isn't about becoming the person you used to be.

Maybe it's about meeting the person you are now - with everything you've learned, lost, survived, changed, questioned, and discovered.

You are still allowed to take up space in your own life.

*And you are still allowed to become someone you haven't met
yet.*

SHOES OFF WITH KC

A place to feel understood.

For personal use only. © 2026 Shoes Off with KC. All rights reserved.