

# IF YOU'RE READING THIS... PAUSE RIGHT HERE

PLEASE WAKE UP TOMORROW

## A Gentle Reminder That Your Life Still Matters By Coach Venus Chandler

Take a breath. You made it to this moment. And that matters more than you know. Maybe you're tired. Maybe your thoughts feel heavy. Maybe you're smiling on the outside but silently sinking inside. Maybe you don't want to die... You just want the pain to stop. If that's you, you are not alone. The truth no one talks about is that suicide doesn't always look loud. It doesn't always look like crying or breakdowns.

### ***Sometimes it looks like:***

- Showing up... but feeling empty
- Smiling... but hurting deeply
- Being "strong"... but silently breaking
- Saying "I'm okay"... when you're not

Pain is often hidden and many people suffer quietly.

### ***But here's the truth:***

You don't actually want to die.  
You want relief.  
And relief is possible, without losing your life.

### ***If You've Been Feeling This Way...***

You might recognize some of these thoughts:

- "I'm tired of everything."
- "I don't feel like I belong."
- "Nobody would notice if I was gone."
- "I just want peace."

These are not random thoughts.  
They are signals, not sentences.

### ***They mean:***

Something inside you needs care, not silence.



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## ***Right Now, Let's Ground You***

If your thoughts feel heavy, do this with me:

1. Look around you....

Name 3 things you can see

2. Breathe slowly....

Inhale for 4... hold for 4... exhale for 4

3. Say this out loud or silently:

"I don't have to make a decision today."

Because you don't.

You just need to make it through this moment.

## ***A Truth You Need to Hear***

- Your life is not over.

- Your story is not finished.

- Your pain is not permanent.

Even if it feels like it.

Because pain lies.

And pain will try to convince you that:

- nothing will change
- no one understands
- there's no way out

But that is not truth.

That is exhaustion speaking.

## ***Why Tomorrow Matters***

You don't have to figure out your whole life.

### ***Just this:***

...Can you stay one more day?

### ***Because:***

- Tomorrow might feel softer.
- Tomorrow might bring a conversation.
- Tomorrow might bring relief.
- Tomorrow might introduce you to a version of yourself you haven't met yet.

Sometimes hope is not loud.

Sometimes it's just:

*"Maybe things can change."*

And maybe is enough.



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## **You Don't Have to Do This Alone**

If you're struggling right now:

- Text or call someone you trust.
- Reach out to a counselor or support line.
- Sit near people, even if you don't talk.
- Write your thoughts instead of holding them.

You are not a burden.

You are a human being who needs support.

And that is allowed.

## **Your Next Step**

This is just the beginning.

If this touched you, helped you, or made you feel seen...

## **Go deeper with the full book:**

Wake Up Tomorrow by Coach Venus Chandler

### ***This book will:***

- Help you understand your thoughts.
- Walk you through the dark moments.
- Give you tools to stay.
- Remind you why your life matters.

Because it does.



## **Final Words From Coach Venus**

You stayed.

You're reading this.

That means something inside you still wants to live.

Even if it's small.

Even if it's quiet.

Hold onto that.

Please... wake up tomorrow.



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