



Be Humanness Zine

AN INVITATION TO BE IN HUMANNESSE.
TO REST INSIDE IT, NOT RISE ABOVE IT.

 everyday 7

How to Use This Zine

A SOFT INVITATION.
NO PRESSURE.
NO TIMELINE.
NO RIGHT WAY.

We like writing around here.
Not the polished, publishable kind
(though that's cool too).

We mean the kind that spills out
sideways—into your Notes app, across a
napkin, on the back of your kid's math
homework, or mid-voice memo rant you
accidentally turn into a TikTok.

You don't have to keep what you write. You can
burn the page. Delete the reel. Toss the receipt.
But giving something words gives it shape.

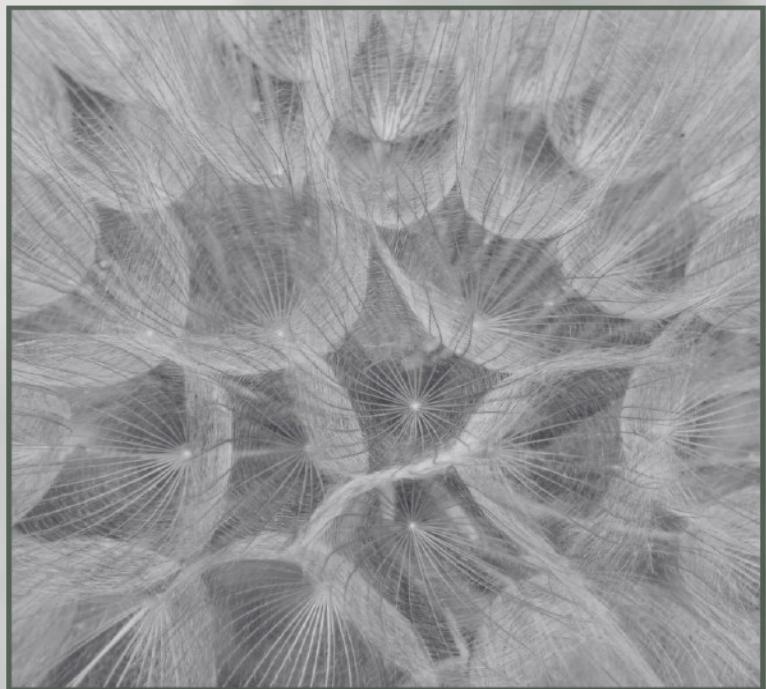
THIS IS A ZINE FOR THAT KIND OF WRITING.
THE KIND THAT GETS SOMETHING OUT OF YOU.

And when you shape it, you might start to see
it more clearly. You might even find your own
wisdom sitting there, blinking back at you.

There's no one way to move through this.
You can read it in order, skip around, use
it once or return when you need.

But know this: you don't have to be
anything other than human to belong here.





BEING SEEN

A QUIET
EXPLORATION OF
VISIBILITY, MASKS,
AND THE SECRET
HOPE THAT
SOMEONE MIGHT
ACTUALLY SEE THE
REAL YOU—
AND NOT RUN AWAY
SCREAMING.



You don't have to perform.

Not here.
Not today.

There's a quiet ache most of us carry—
sometimes just under the surface,
sometimes in flashing neon:

Will anyone ever see the real me?

Not the curated version. Not the competent one. Not the healing-in-progress highlight reel. Just the you that's a little weird, pretty tired, and very much “still figuring it out.”

Here's the thing:

You're not hiding because you're broken.
You're hiding because you're brilliant at adapting.

Your masks? They're tools. Protective gear.
Proof that you're a master of survival.
But also?

They get heavy.

***This is your invitation to put one down.
Just for a moment.***

WRITING PROMPT

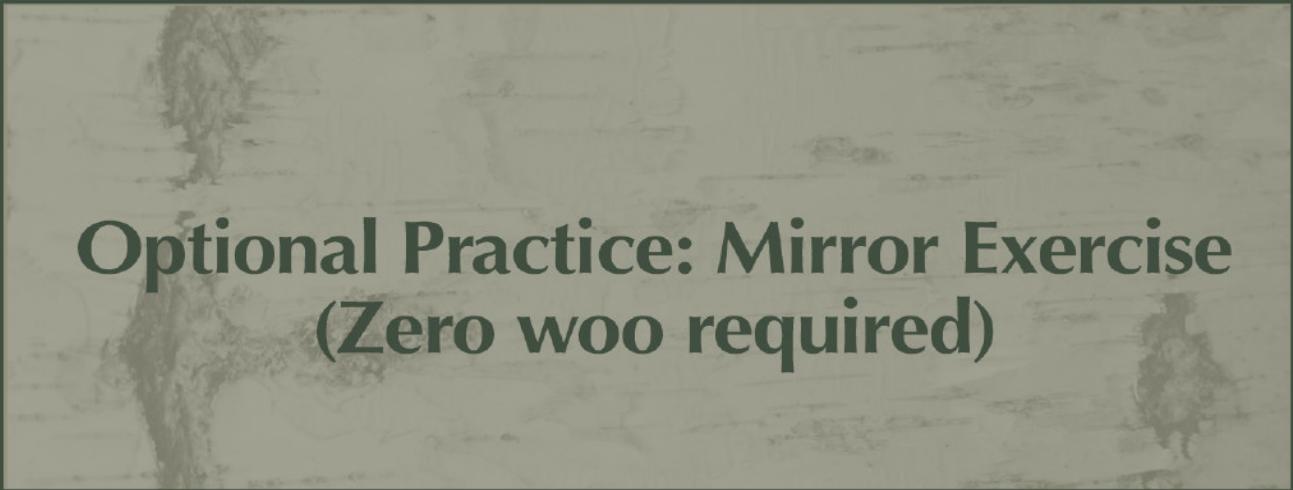


Write it a note.
A love letter.
A post-it.
Let that part know:
I see you.
I haven't forgotten you.
You matter here.



What part of
you longs to
be seen, but
rarely gets
the chance?





Optional Practice: Mirror Exercise (Zero woo required)

Stand in front of a mirror. Look at yourself like you're meeting a friend for the first time—one you're oddly fond of.

Say: "Hey. I know you. I'm proud of you."

**If that feels weird, great. Write down why.
There's gold in that discomfort.**



“You don’t have to be understood to be real.”
(Side note: being understood is nice. But it's not a prerequisite for existing.)



LETTING IT BE MESSY

A SOFT
EXHALE FOR
THE PARTS OF
YOU STILL IN
PROGRESS.



Somewhere along the way, a lot of us absorbed the myth that growth should look like a graph trending steadily upward.

Smooth arcs. Clean breakthroughs.

Some magical point where we finally get it together.

But let's be honest: Growth is more like... **scribbles.** Doodles in the margins. One step forward, nap, spiral, snack, repeat.

Messiness isn't a detour. It is the path.

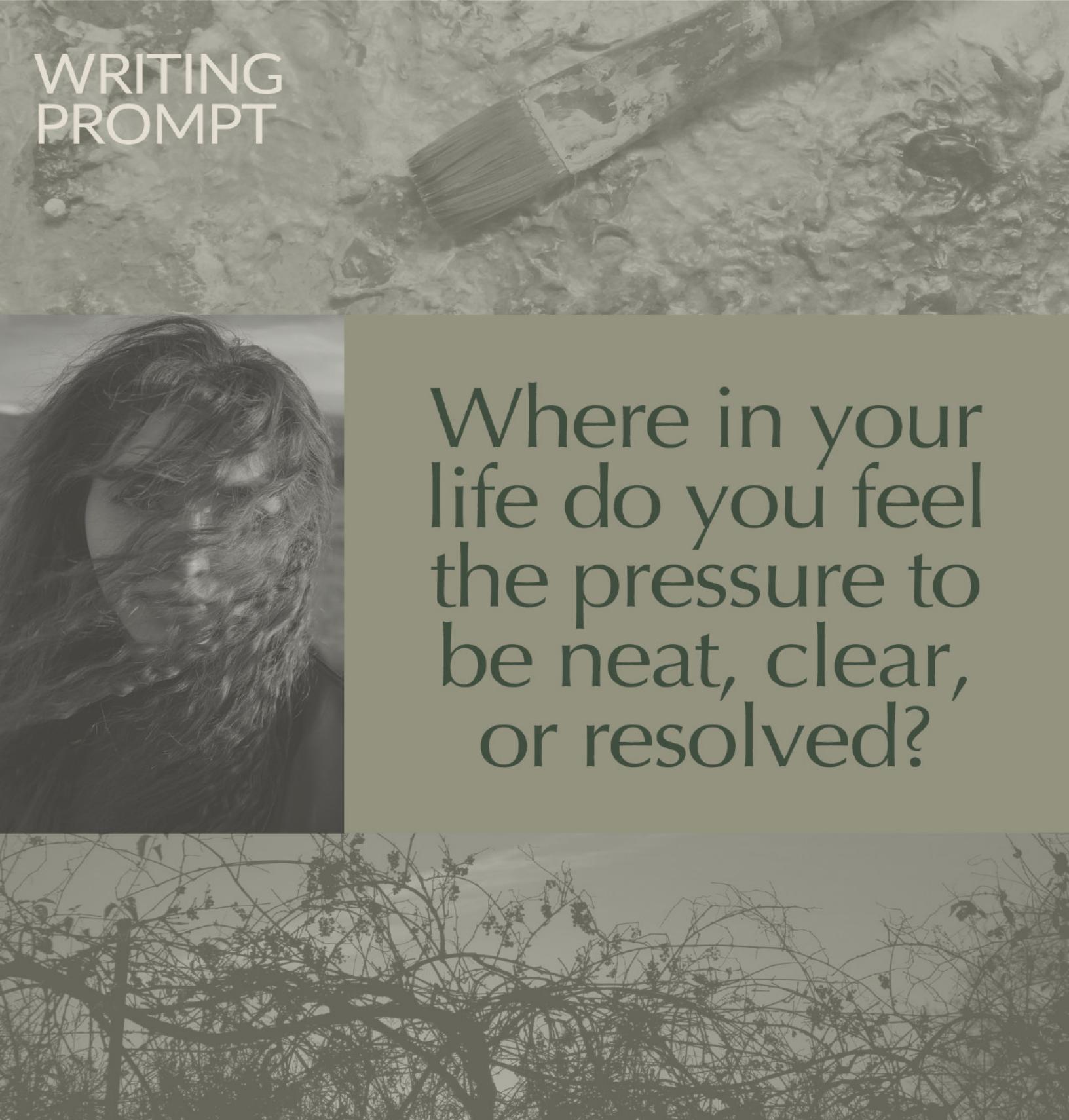
The truth is: you don't owe anyone clarity before you're ready.

Not your friends.
Not your therapist.
Not your Instagram followers.

Especially not your inner critic who thinks you should be “over it” by now.

This is your reminder that you are allowed to be a work in progress. Even when you're the one doing the work.

WRITING PROMPT



Where in your life do you feel the pressure to be neat, clear, or resolved?

Let yourself write a list called:
“Things I’m In the Middle Of.”
Don’t edit. Just name them.
Stuckness counts.
So does not knowing.

Optional Practice: Permission Slip

Write this out and keep it visible:

I am allowed to be where I am.

I am not a self-improvement project.

I am a person. Messy. Becoming. Enough.

Now underline the one line that hit the hardest.
That's your truth for today.

“Being human means sometimes not knowing
what to do—and showing up anyway.”

(Or lying on the floor for a while first. That counts too.)



HOLDING YOURSELF GENTLY

A SHORT
LESSON IN
NOT BEING A
JERK TO
YOURSELF
(DISGUISED AS
PERSONAL
GROWTH).



You know that voice in your head?

The one with the clipboard, the side-eye,
the never-ending improvement plan?

Yeah, that one.

You don't have to fire them (yet). But maybe...
just for a moment, you can invite another part
of yourself to speak.

Someone quieter.

Kinder.

Less obsessed with your productivity stats.

Someone who doesn't think you need to earn
rest or deserve grace.

That someone is still you—just the version that
knows you are not broken, just tender.

That you've been carrying a lot. That trying
counts. That softness is not failure.

You don't have to love every part of yourself
right now. But could you be curious?

Could you be... less cruel?

WRITING PROMPT

What would it sound like if your inner voice spoke like a good friend?



Try this:

Write a short letter from that voice to you. Not a pep talk. Just presence.

Begin with:

“Hey. I see you.”

Optional Practice: Grace Audit

Write down one thing you didn't get done. Then list three things you did, even if they felt small.

(E.g., replied to one message. Brushed teeth. Didn't yell.)

Remind yourself: Progress is sometimes invisible while it's happening.

"GRACE ISN'T EARNED. IT'S OFFERED."

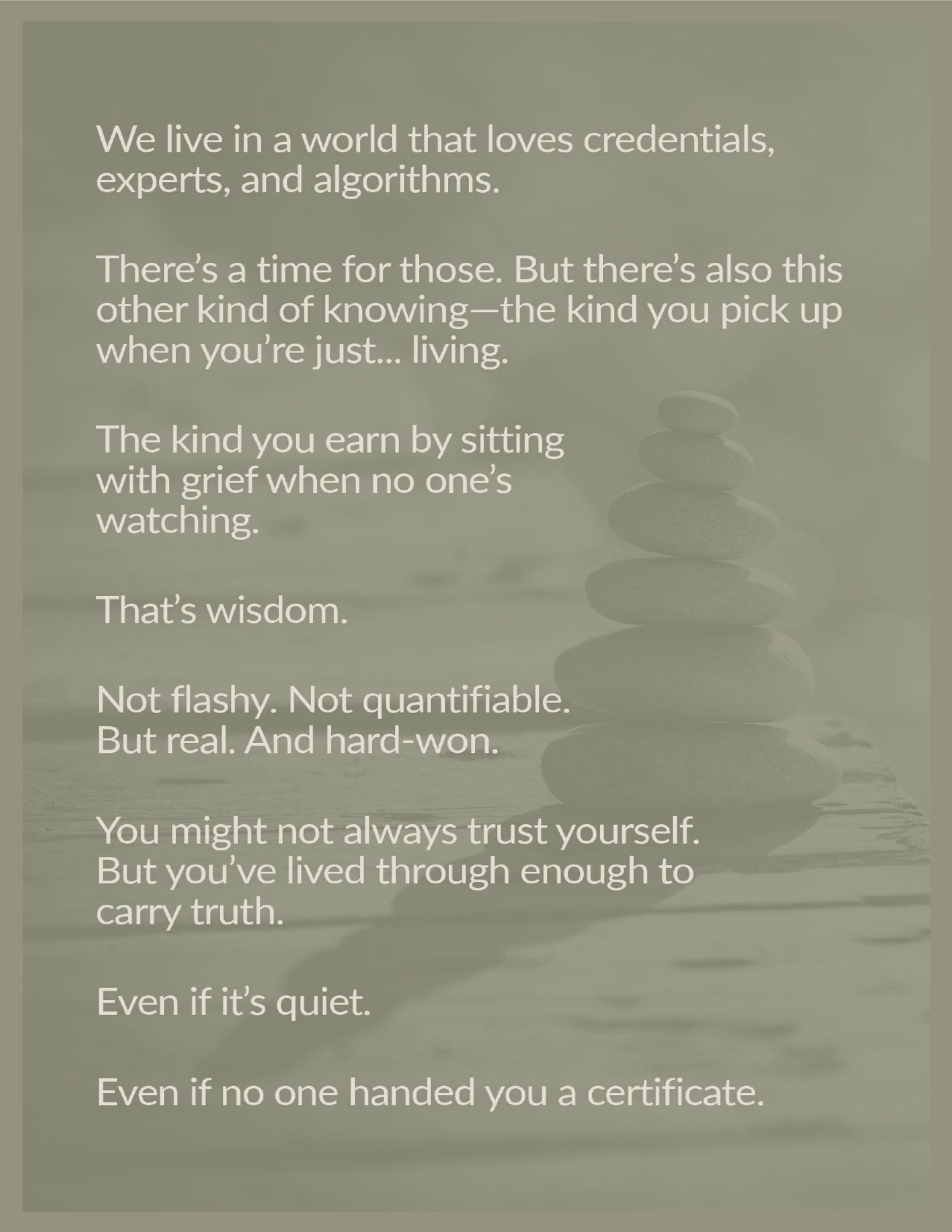
Offer some. To yourself. Today.



YOU ARE THE WISDOM

YOUR LIFE
DIDN'T LEAVE
YOU EMPTY-
HANDED.





We live in a world that loves credentials, experts, and algorithms.

There's a time for those. But there's also this other kind of knowing—the kind you pick up when you're just... living.

The kind you earn by sitting with grief when no one's watching.

That's wisdom.

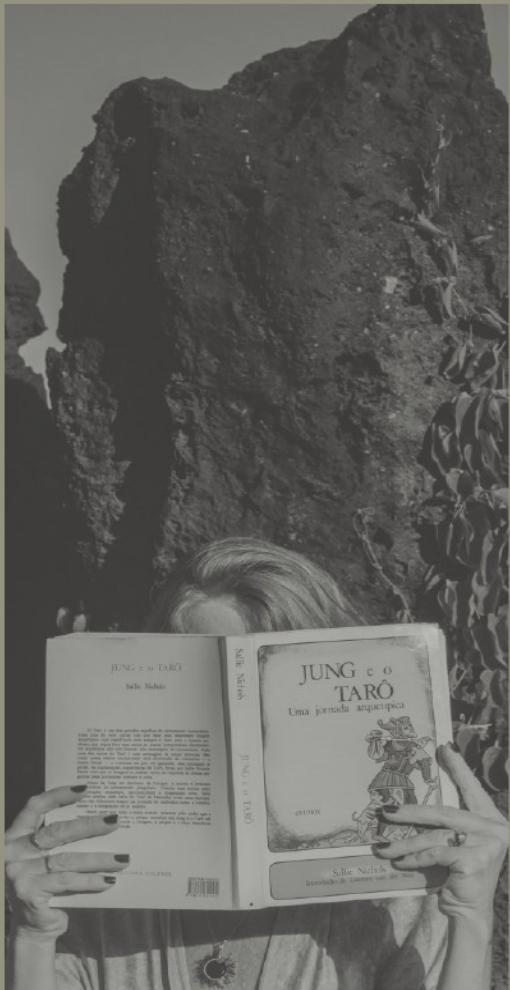
Not flashy. Not quantifiable. But real. And hard-won.

You might not always trust yourself. But you've lived through enough to carry truth.

Even if it's quiet.

Even if no one handed you a certificate.

WRITING PROMPT



What has
life taught
you that
no book
ever
could?

Write it like a headline.
Or a whispered mantra.
Or a tattoo you haven't had the guts to get (yet).

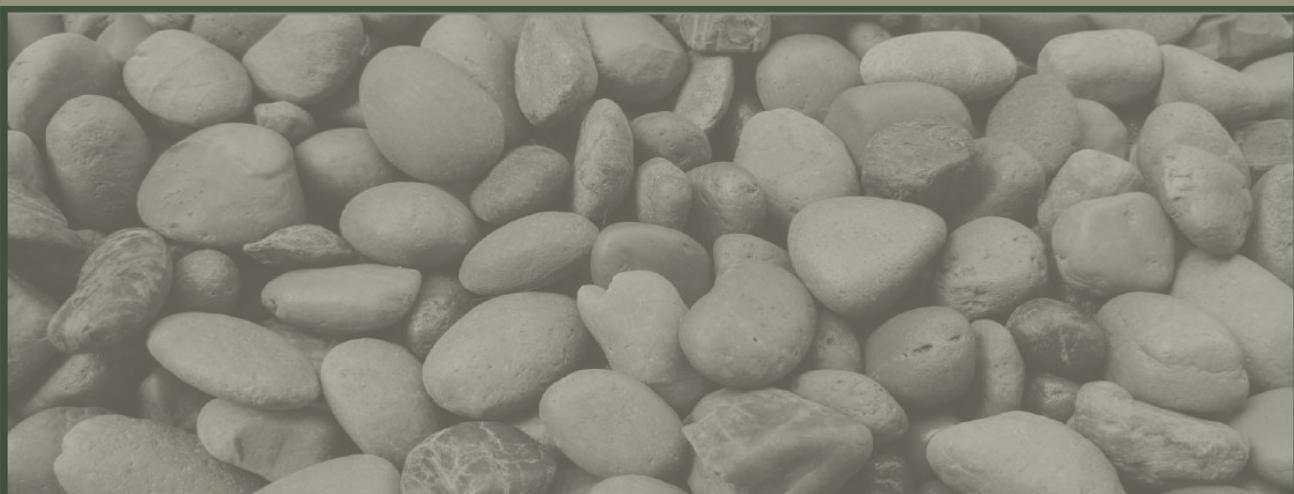
Examples:

- “I can be scared and still show up.”
- “Love doesn’t have to look like sacrifice.”
- “I don’t need to explain everything to be valid.”

Optional Practice: Pass It On

Pick one of your truths. Share it.
With a friend, in a note, on your
wall, in your voice memo app.

You don't have to be an expert
to offer something real.

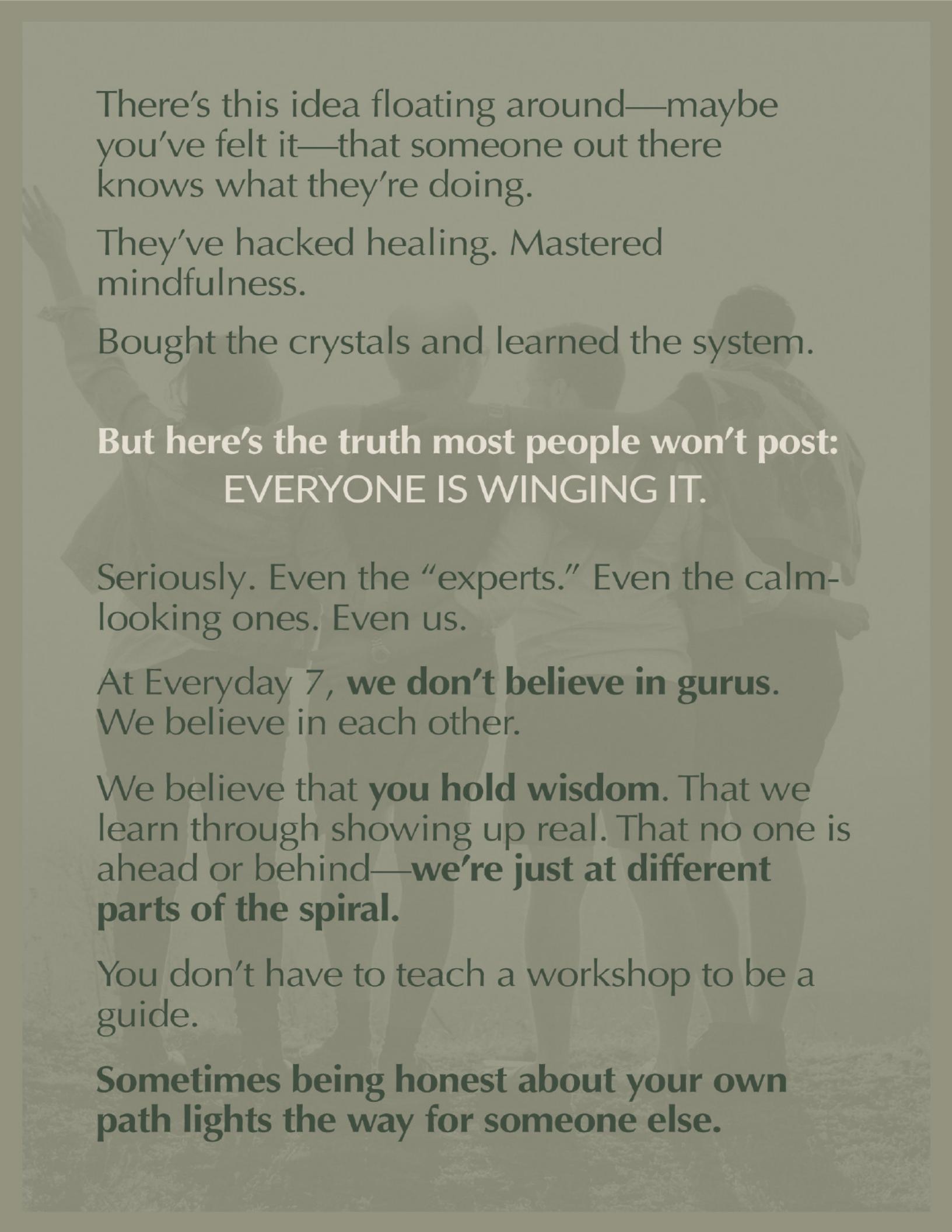




NO GURUS. JUST US.

A REFLECTION
ON SHARED
WISDOM,
WALKING
ALONGSIDE,
AND
REMEMBERING
THAT NO ONE
HAS IT ALL
FIGURED OUT.





There's this idea floating around—maybe you've felt it—that someone out there knows what they're doing.

They've hacked healing. Mastered mindfulness.

Bought the crystals and learned the system.

**But here's the truth most people won't post:
EVERYONE IS WINGING IT.**

Seriously. Even the “experts.” Even the calm-looking ones. Even us.

At Everyday 7, **we don't believe in gurus.** We believe in each other.

We believe that **you hold wisdom.** That we learn through showing up real. That no one is ahead or behind—**we're just at different parts of the spiral.**

You don't have to teach a workshop to be a guide.

Sometimes being honest about your own path lights the way for someone else.



Who has helped you feel more like yourself—not by teaching, but by simply being real with you?



Write their name. Write them a thank-you, even if you don't share it. Or just hold them in your mind and smile a little.

Then ask yourself:

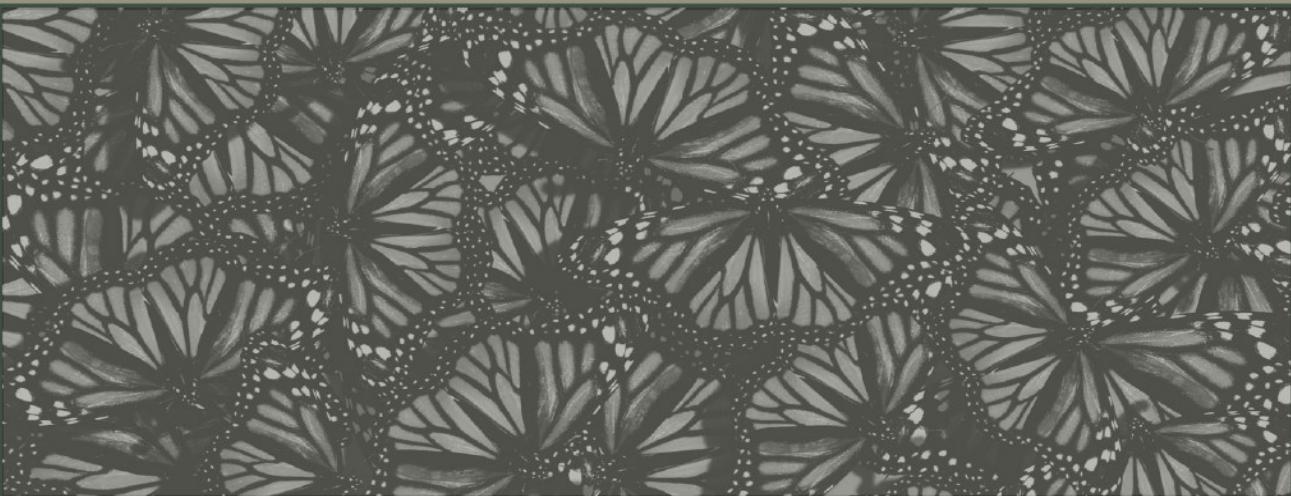
What might I be offering someone else, without even knowing it?

Optional Practice: Mutual Wisdom Jar

Write down one sentence of your lived wisdom.

Something that helped you, or changed you.
Put it in a “jar”—real or imagined.

When you're ready, offer it to someone else.
No fanfare needed. Just... pass it on.



The wisdom is in the room.
Sometimes, you are the room.



Just One More Thing

You made it.

Maybe you wrote. Maybe you just read.
Maybe you're still somewhere in between.

That counts.

This zine wasn't about fixing you.
It was about making space for you to see yourself again.

Gently. Honestly. Without needing to clean it up for
anyone else.

If any part of this landed, made you pause, or gave you a
breath of oh... it's not just me—we'd love to walk with
you a little further.

We're Everyday 7.

We believe in humanness over hustle. In shared wisdom.
In showing up, unpolished and true.
No pressure. No performance.

Just invitation.



everyday7.com