



Nihshabd

Where Silence Finds Its Voice

Small Reflections

SIX MOMENTS. SMALL WORDS.
BIG REMINDERS.



*A gentle collection
of thoughts to pause,
breathe and come
back to yourself.*



A FREE DOWNLOAD
FROM NIHSHABD

A Little Message From the Future

Sometimes I wish I could peek into the future—not to know everything, just enough to know that I'm going to be okay.

Maybe my future self wouldn't send me a long message. Maybe she'd just send a little **butterfly**.

It would land on my hand and whisper,

"Keep going. You're doing better than you think." 

I'd probably ask,
"But what happens next?"

And the butterfly would fly away.

Typical future me.

Very good at giving hope.

Terrible at giving spoilers.  

So perhaps that's the little reminder we need today:

-  Do your best.
-  Keep moving.
-  Don't give up just because you can't see the result yet.



You don't need to know the whole story to keep turning the page. 



*Trust the timing.
Trust yourself.
You're becoming
everything you're
meant to be..* 

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Trust the Work, Not Just the Result

♡

The Bhagavad Gita reminds us,
कर्मण्येवाधिकारस्ते मा फलेषु कदाचन ॥

*Karmanye vadhikaraste
ma phaleshu kadachana.* 🌿

You have the right to your work,
but never to its results. ♡

Maybe that's the real secret.
Do the work with all your heart,
but don't tie your happiness
to the outcome.

Your future self isn't worried
about the result either.
She's just happy that
you didn't give up
when it got hard. ♡

🌿 Keep showing up.
Keep doing your best.
The rest will unfold
when it's meant to.



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03 REFLECTION ♡

You Don't Need the Spoilers ♡

If my future self won't tell me
the whole story, maybe it's
because I don't need to know yet. 

Some joys are sweeter
when they arrive as surprises.
Some answers make sense
only when we're ready. ♡

So I'll stop asking,
"What will happen?"
and start asking,
"What can I do today?" ♡

Because the future is not
something to fear.
It's something to prepare for
with hope, patience and
a little bit of faith. 

 Do your best.
Trust the timing.
And leave the rest
to your future self.
— ♡ —

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Today,
I choose to trust
the journey.
♡

I may not know
the destination,
but I trust the version
of me who will get there.
♡

♡ You're doing better than you think. Don't give up. ♡

Your Future Self Believes in You ♡

There will be days when
you'll doubt yourself.

Days when everything feels heavy
and nothing seems to go right.



*On those days,
remember this:*

*Your future self is
already proud of you.*



She has seen your late nights,
your silent tears, your tiny prayers
and your brave attempts.

She knows how hard you tried
when no one was clapping. ♡

So be kind to yourself today.

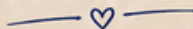
Rest if you need to.

Begin again if you must.

But never stop believing.



*You are becoming
everything you prayed
for a few years ago.*



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*One day,
you'll thank
yourself for not
giving up today.*



Keep going. Your future self is cheering for you. ♡

Small Steps, Big Future ♡

Sometimes we get so impatient
that we forget—big things
are built with small steps. 

♡ Future you didn't wake up
one day and become strong,
confident and happy.
She got there one tiny step
at a time.



So if today was messy,
if you fell, if you had to start again—
it's okay. ♡

Just take one small step.
Not to prove anything to anyone.
Just to show up for you. 

Your future self is watching you
with so much love and she's
so proud of your efforts. ♡

♡ Every little effort
you make today is
preparing you for a life
you'll love tomorrow.
— ♡ —



Tiny steps
today...
A beautiful
tomorrow.



You don't have
to see the whole staircase.
Just take the next step.



♡ A little question for you:
What's one small step you can take today for your future self? ♡

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06 REFLECTION ♡

Today's Choices, Tomorrow's Life ♡

We often think the big decisions
change our life.

But actually,
*it's the tiny choices we make every day
that shape our tomorrow.* 



*Drink water.
Take that walk.*

Say no when you need to.

Be kind to yourself.

Keep showing up.



They may look small now,
but one day you'll look back and realize—
those small choices were everything. ♡

Your future self is not asking
for perfection.

*She's just asking for consistency
and self-love.* 



*You don't have to make
a huge change today.
Just make a choice that your
future self will be proud of.*



♡ A little question for you:

*What small choice can you make today that your
future self will thank you for?* 



*Small choices
create big
changes.*



*Today's choice +
Daily habit =
A future you love.*



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A Little Conversation With Your Future Self ♡

“The best conversations are the ones that
bring you back to yourself.”

Take a deep breath. Be honest. This is your space. ♡

Dear Future Me,
I'm writing to you
today, with love
and hope.



1 Where do you see yourself in 5 years?

2 What do you hope your life feels like?

3 What are you most proud of yourself for?

4 What do you want more of in your life?

5 What do you want less of in your life?

6 What is one dream you still want to chase?

7 What is the best piece of advice you would give to your today-self?

Thank you for this beautiful conversation.
Keep listening to your heart. Keep becoming you. ♡ ♡

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