

Hope, Progress, and Small Forward Movement

What has felt even slightly easier lately, even if the overall picture still feels difficult?



What is one moment from the past week when I felt a little more like myself?



What has helped me get through previous difficult periods that I could gently return to now?



What is something I want my future self to have more of in everyday life?



What small part of my life still feels worth protecting, even during a difficult period?



What is one realistic thing I could do tomorrow that would support the person I want to become?

