



## Fact Sheet: Look How Far You've Come

### What It Means

“Look how far you’ve come” is a reminder to acknowledge personal growth, healing, and resilience. It encourages reflection on your journey — not just achievements, but also the quiet strength you've built along the way.

### Why It Matters

- Helps build self-esteem and confidence
- Encourages gratitude and emotional resilience
- Prevents burnout by acknowledging effort
- Promotes mindfulness and presence
- Counters negative self-talk

### Signs of Progress You Might Overlook

- Setting better boundaries
- Saying 'no' without guilt
- Managing emotions more effectively
- Choosing rest over overworking
- Letting go of toxic patterns
- Practicing self-compassion

### Daily Ways to Honor Your Progress

- Start or end the day with one thing you're proud of
- Write down small wins
- Share your growth with a trusted friend or journal
- Celebrate quiet victories (like getting out of bed on a hard day)
- Reflect weekly: How have I handled things differently than before.

## Look How Far You've Come

Let's take some time so you can let yourself know, maybe to remind you of something important — something we so often forget when we're in the middle of it all.

Look how far you've come.

Seriously... pause for a moment. Take a breath. And really let those words sink in.

Look how far you've come.

Not just on the surface — not just the milestones that others can see — but all the internal battles you've faced, the quiet resilience you've built, and the strength you've shown just by getting through each day.

You've made it through things you once thought you wouldn't. There were days you felt like giving up, and yet, here you are. Maybe not with all the answers, maybe not with everything perfectly figured out, but still standing. Still trying. Still growing.

That counts for more than you know.

And I want you to really hear this: growth isn't always loud. It's not always some big, bold moment. Sometimes, it's silent. It's slow. It's the moment you chose to be kind to yourself instead of critical. The time you said "no" when it would have been easier to say "yes" just to keep the peace. The mornings you got out of bed even when it felt impossible.

That is progress. That is healing. That is courage.

We're often so focused on where we're not yet, that we don't stop to honor where we are — or what it took to get here. You've overcome things you never imagined you'd face. You've adapted. You've let go of things that no longer served you. You've made choices, sometimes hard ones, to prioritize your peace.

That's not nothing. That's everything.

So if you're in a moment right now where things feel heavy, or slow, or stuck — let this be your reminder. You are not where you were. You are not the person you used to be. You have grown. You have evolved. You have made it this far, and you are not done yet.

Give yourself credit. Give yourself grace. Give yourself kindness, give yourself support..

This isn't about pretending everything is perfect — it's about honoring the journey. Your journey. The messy, beautiful, real story of becoming more of who you truly are.

And even if you can't see all the progress from where you're standing now... trust that it's there. It's in the way you think. The way you react. The way you show up. You've changed — and you're still changing — in the best ways.

So, take a breath. Put your hand on your heart. And say it with me if you can:

"I may not be where I want to be yet. But I'm not where I used to be. And I'm proud of how far I've come."

You're doing better than you think.

Keep going. You've got this.

