

The Reflection

One of the biggest questions of your life is no longer 'how do I change' but: **does the life I'm living reflect the person I've become?**

Think about that for a moment. You've spent weeks learning to trust yourself, to stay on your own side, to stop abandoning yourself, to stop believing old accusations, to speak more honestly, and to choose yourself without guilt. Now ask yourself: where, in your everyday life, are you still expected to be the version of yourself you've worked so hard to leave behind? Where are you still shrinking? Still performing, rushing, proving, surviving, apologising, still carrying responsibilities that no longer belong to you?

For every day that you continue to live as the **old version of yourself** you quietly teach your **new self** that they don't belong. Perhaps that's why change can feel so fragile? Not because your healing isn't real, but because your life keeps inviting your old identity back.

That isn't failure, it's information. It tells you where your life is no longer aligned with the person you've become. Think about your ordinary days - not your dreams, or your plans but your Tuesday evenings, your Saturday mornings, your Sunday nights. Ask yourself if they make room for peace? For laughter? For curiosity? For rest? For relationships that nourish you? For silence? For joy? Or have you become so accustomed to

enduring your life that you've forgotten it was meant to support you?

This conversation is an invitation to stop measuring your life by how much you can tolerate and start measuring it by how much it helps you flourish - not because every day should perfectly reflect the new you, but because every day should make it easier - not harder - to be yourself.

Imagine what would change if every decision you made from this point onwards had to answer one simple question: **Does This Build Me Or Slowly Dismantle Me?**

You already know more of the answers than you think. The courage now is not in discovering them, it's in believing them. Because here's the truth: **the life you're creating isn't a reward you'll earn one day. It's the home you'll have to live in.**

Build it with the same care you've spent rebuilding yourself. You deserve nothing less.