

## The Reflection

One of the biggest shifts in this conversation is recognising that **every repeated action is shaping the relationship you have with yourself**. Whether you realise it or not, you're always practising something.

- ♥ Every time you ignore your needs, you practise self-abandonment.
- ♥ Every time you speak harshly to yourself, you practise self-criticism.
- ♥ Every time you avoid a difficult conversation, you practise avoidance.
- ♥ Every time you tell the truth, you practise honesty.
- ♥ Every time you honour a boundary, you practise self-respect.
- ♥ Every time you choose yourself without guilt, you practise self-worth.

The question isn't **if** you're practising but **what** you're practising. This matters because repetition quietly becomes identity through the accumulation of ordinary moments.

- ♥ The way you speak to yourself each morning.
- ♥ The way you respond when you make a mistake.
- ♥ The way you treat your body when you're exhausted.
- ♥ The way you allow other people to treat you.
- ♥ The way you respond when life becomes uncomfortable.

Each moment may seem insignificant on its own but together, they become your life.

This conversation is inviting you to stop asking: who am I? and begin asking: who am I becoming? **There is a profound difference.** The first question looks at who you've been, the second looks at who you're creating. That means you're no longer waiting to become a different person **before you live differently.** You're becoming a different person **because you're living differently.**

- ♥ Every healthy boundary.
- ♥ Every compassionate thought.
- ♥ Every act of courage.
- ♥ Every moment of self-respect.
- ♥ Every act of defiance.

Each one is a quiet declaration of the person you're choosing to become.

One day soon you'll respond to a situation differently and you'll realise something extraordinary has happened:

- ♥ What once felt forced now feels natural.
- ♥ What once felt frightening now feels familiar.
- ♥ What once felt impossible has quietly become part of who you are.

That's how healing happens - in hundreds of ordinary moments that redefine the way you see yourself.

An important reflection from this conversation is this: **am I practising to become the person I want to be?** Every day,

whether intentionally or not, your actions are answering that question.