

From time to time, it helps to pause and observe our current standing in life, not to judge or prompt change, but simply to take stock. This exercise offers a straightforward method to do just that.

## PART 1: THE REARVIEW MIRROR

Think back a few years, or to a period that stands out to you as a distinct "chapter."

At that time, I was mostly occupied with:

(e.g., surviving a crisis, building a career, raising children, seeking approval)

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What felt most important to me then:

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What I thought I was moving toward:

(What was the goal or the dream at that time?)

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*"I am learning every day to allow the space between where I am and where I want to be to inspire me and not terrify me."~Tracee Ellis Ross*

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## PART 2: THE PRESENT LANDSCAPE

Without analysing it too much, look at your life as it sits today.

These days, my attention is mostly on:

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What takes up the most energy (emotional or physical):

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What feels steady or familiar:

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What feels uncertain or unfinished:

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## PART 3: THE COMPARISON

Look at Part 1 and Part 2 together. You don't need explanations—just notice the difference.

Something that has changed more than I expected:

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Something that has stayed surprisingly constant:

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Something I assumed would be different by now:

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## PART 4: THE CHECK-IN

There is no obligation to act on any of this. As I look at this page, I notice:

- A sense of gratitude
- A sense of loss
- A sense of relief
- A sense of restlessness
- A sense of acceptance
- Something else:

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For now, I can simply underline what fits:

- I'm okay letting this be as it is.
- I'm curious about what might shift.
- I don't know yet.
- I'd rather not think about this right now.

*"You don't have to see the whole staircase, just take the first step." -  
Martin Luther King Jr.*

*"I am learning every day to allow the space between where I am and where I want to be to inspire me and not terrify me."*