

You're Already Wonderful.

It can be easy to over-focus on constant-and-never-ending improvement, new goals, the next step, and all the things you have yet to achieve.

But the truth is that you have already grown so much, learned so much, and done so much. Sometimes it can be more empowering to slow down and respect the enormous amount of work you already have done rather than pushing yourself.

This exercise is intended to put you into contact with the fact that you are already wonderful. You are strong. You are accomplished. You are a miracle.

And it's time for the amazingness of YOU to be recognized, appreciated, and honored.

Add a little bit of body text

First of all, let's set aside your ever-present "to-do" list for a moment. While it's great to keep track of what's next, having a never-ending list of things that you haven't yet done, goals you haven't yet achieved, etc. is demoralizing and even exhausting sometimes.

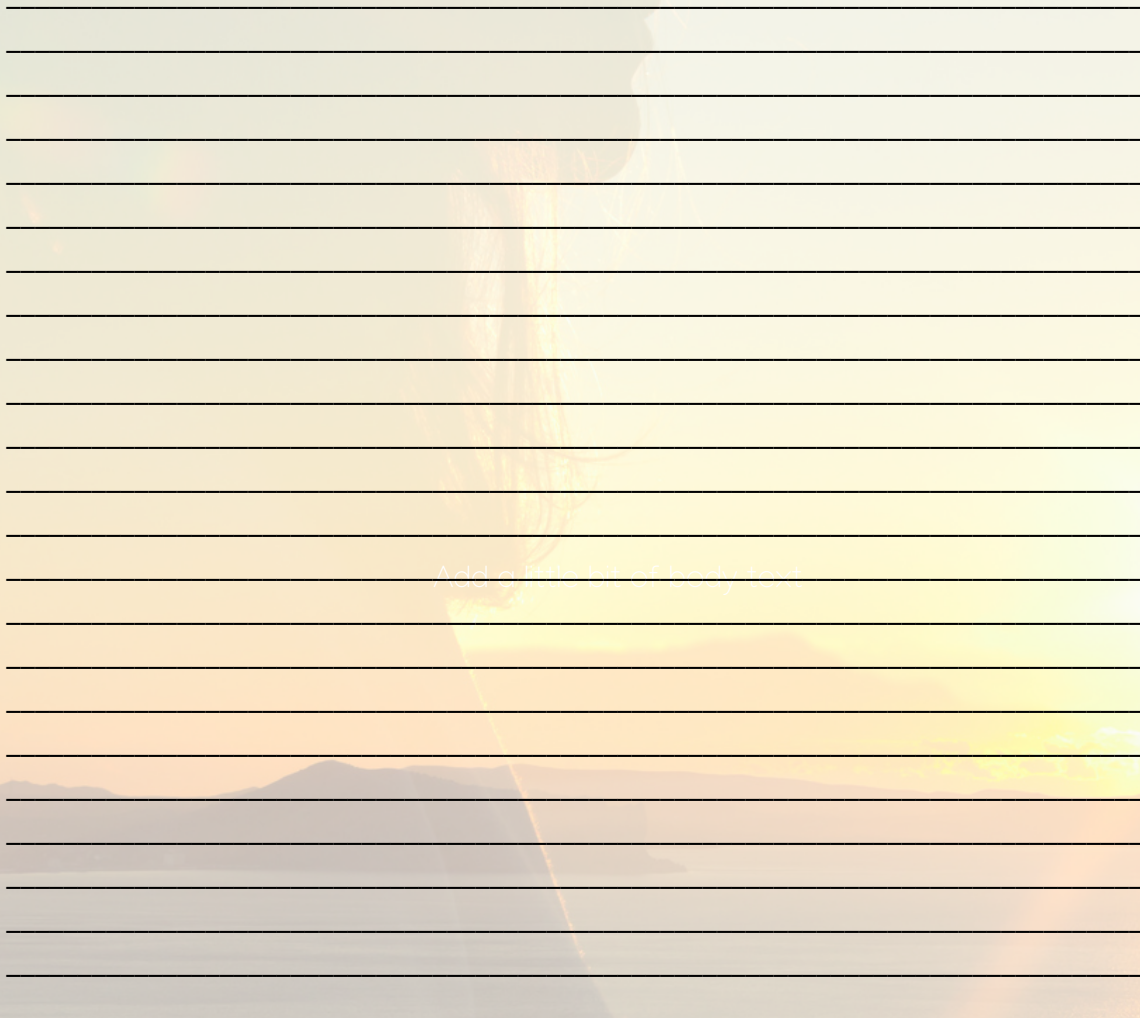
On the following page, I'd like you to make a list of all the things you actually have done, and see how that feels to connect with.



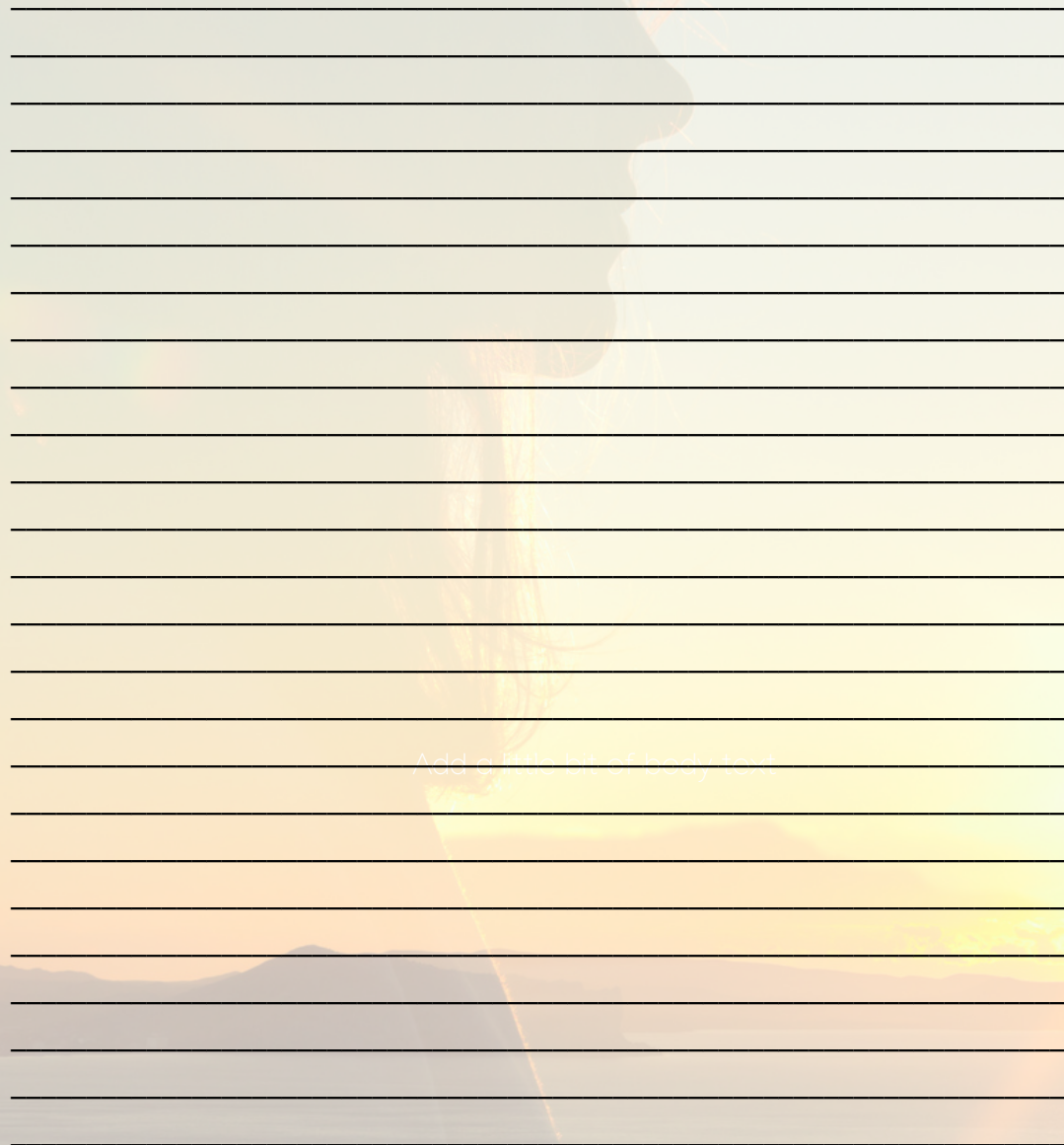
Add a little bit of body text

May you, every day, connect with the brilliancy of your own spirit. And may you always remember that obstacles in the path are not obstacles, they ARE the path. — Catherine Jane Letter

What "obstacles" have you encountered over the last year (or longer) that illuminated your strengths, or your values? What were they, and what did they teach you about yourself?

A woman with long blonde hair is seen from the chest up, looking out over a sunset over the ocean. The sun is low on the horizon, casting a warm orange glow. The woman's hair is long and blonde, and she is wearing a dark top. The background shows the ocean and a distant shoreline with hills under a hazy sky. The overall mood is serene and contemplative.

Add a little bit of body text

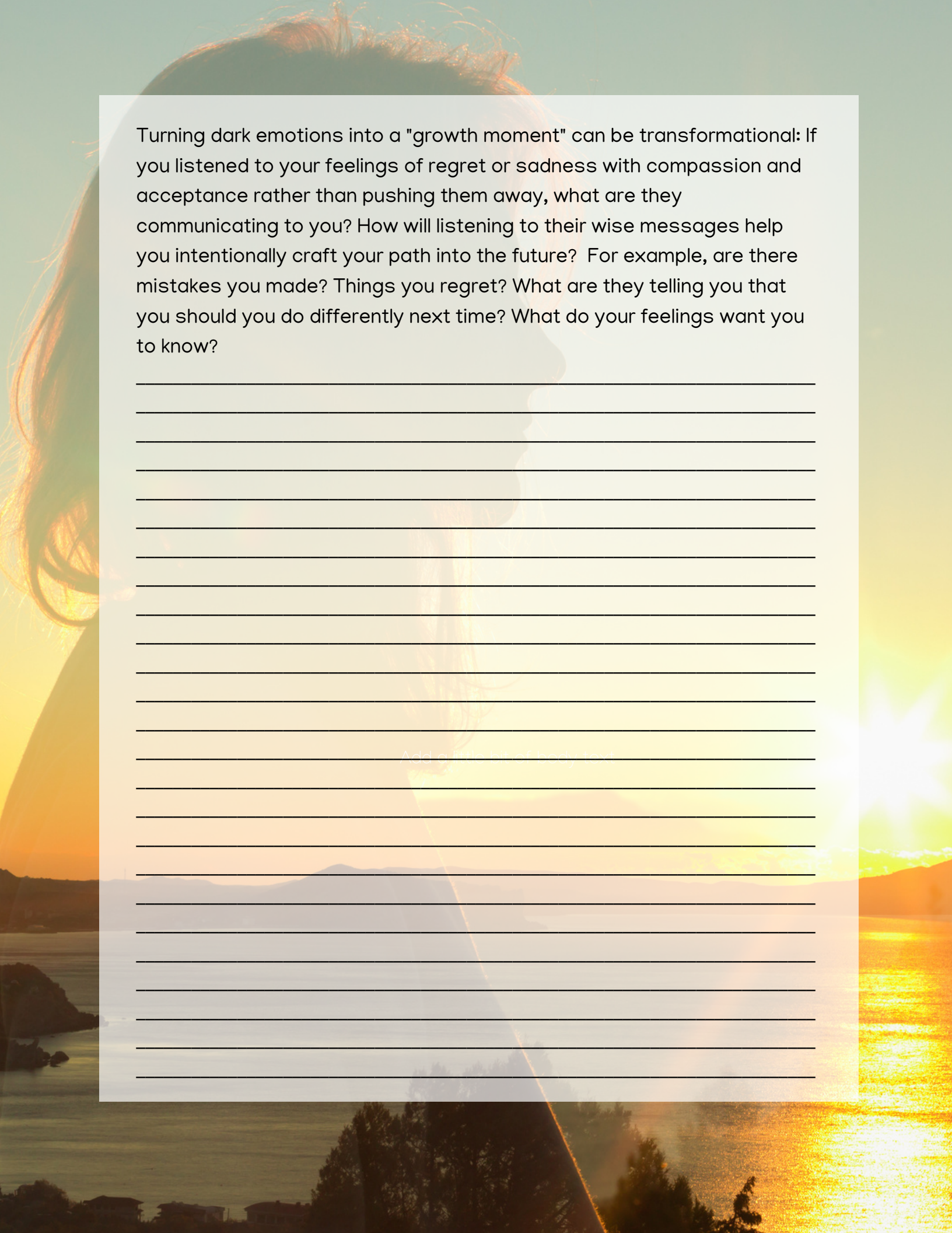
A woman with long blonde hair, wearing a white dress, stands in a field holding a bouquet of flowers. The background features a soft, hazy landscape with mountains under a warm, golden sky. The image is overlaid with a grid of horizontal lines, suggesting a template for text or design. The text "Add a little bit of body text" is visible in the center of the image.

What have your obstacles or struggles or losses taught you about what your deepest values are, and what is most important you?

A full-page background image featuring a woman's silhouette in profile, facing right. She has long, wavy hair. The background is a warm sunset or sunrise scene with a gradient from light yellow at the top to orange and then dark grey/blue at the bottom, where silhouettes of mountains are visible. The entire image is overlaid with horizontal lines, similar to a notebook page. The text 'Add a little bit of body text' is centered in the lower half of the page.

Add a little bit of body text

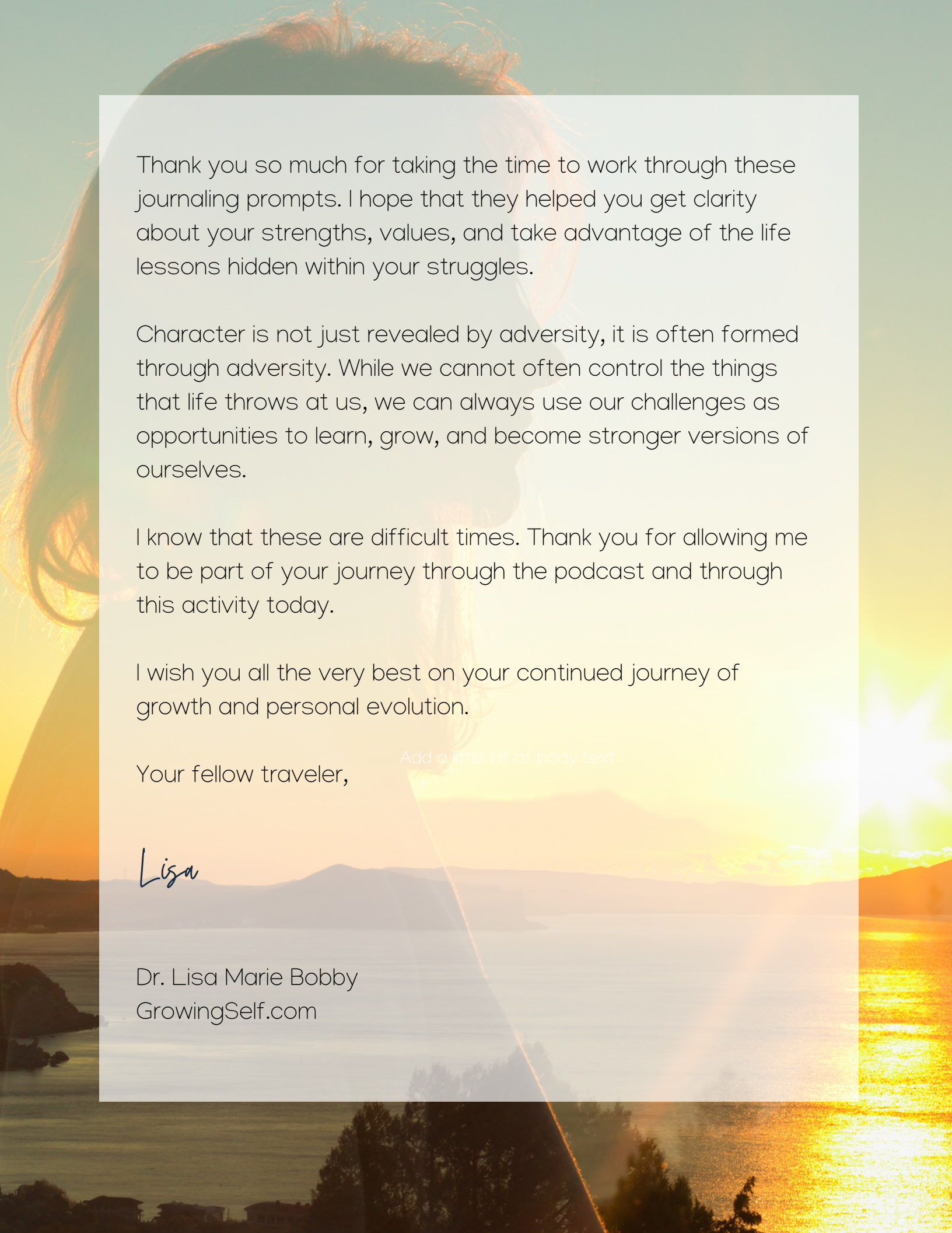
Add a little bit of body text



Turning dark emotions into a "growth moment" can be transformational: If you listened to your feelings of regret or sadness with compassion and acceptance rather than pushing them away, what are they communicating to you? How will listening to their wise messages help you intentionally craft your path into the future? For example, are there mistakes you made? Things you regret? What are they telling you that you should you do differently next time? What do your feelings want you to know?

Add a little bit of body text

[illegible]



Thank you so much for taking the time to work through these journaling prompts. I hope that they helped you get clarity about your strengths, values, and take advantage of the life lessons hidden within your struggles.

Character is not just revealed by adversity, it is often formed through adversity. While we cannot often control the things that life throws at us, we can always use our challenges as opportunities to learn, grow, and become stronger versions of ourselves.

I know that these are difficult times. Thank you for allowing me to be part of your journey through the podcast and through this activity today.

I wish you all the very best on your continued journey of growth and personal evolution.

Your fellow traveler,

Add a little bit of body text

Lisa

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