



Progress temperature check

Are you frustrated with how little progress you seem to make in your life? If so, there's probably plenty of good stuff that you're overlooking! Here's a quick exercise to help you realise that you're moving in the right direction and that your efforts are making a difference.

What to do

Write down 3 (big or small) things about your life currently that you were still striving to achieve yesterday, 1 week, 1 month, 1 year, and 5 years ago. Think back to how things were at that time. If you'd learned back then that the current version of yourself would have achieved these things, how would you have felt? What positive things might you have said about your progress?

Things I've successfully accomplished since **yesterday**

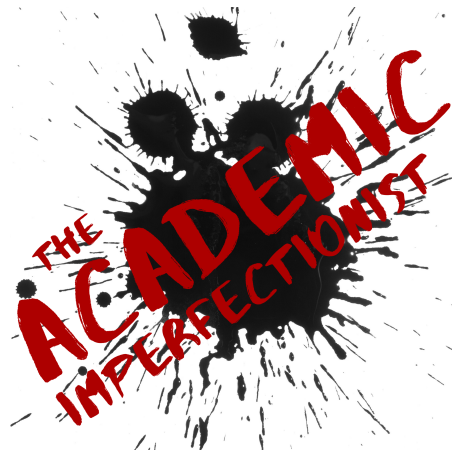
E.g. I did the laundry, I completed that form, I wrote 300 words, I did a workout

- 1.
- 2.
- 3.

Things I've successfully accomplished since **1 week ago**

E.g. I submitted the application I'd been working on, I arranged travel for my upcoming trip, I had a difficult conversation I'd been avoiding, I applied for a deadline extension

- 1.
- 2.
- 3.



Things I've successfully accomplished since **1 month ago**

E.g. I completed a writing project, I cleared out a cupboard, I finished marking essays, I met a deadline

1. 2. 3.

Things I've successfully accomplished since **1 year ago**

E.g. I ended an unsatisfying relationship, I moved house, I got a new job, I learned to be more compassionate to myself

1. 2. 3.

Things I've successfully accomplished since **5 years ago**

E.g. I completed a qualification, I became more assertive, I held things together during a very stressful time

1. 2. 3.

Keep going! Try thinking even further back, or try other ways to evaluate your progress (... since I moved house, ... since I started my job, ... since I became a parent, etc).