

Progress takes many paths

Progress isn't always obvious.

And it's not always linear.

This is your space to pause, reflect, and recognise what's already happening — even if it doesn't feel like it.

How does progress feel right now?

Tick what feels closest:

- I feel like I'm making good progress
- I feel a bit stuck
- I feel behind
- I've started but unsure if I'm doing the right things
- I keep stopping and starting
- I'm comparing myself to others
- Other: _____

Anything you want to add?

What do you currently think progress *should* look like?

Where do you think that idea has come from?

Looking at your own journey

Even small things count here.

- When did you first start thinking about this?
 - What have you done since then — big or small?
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Examples (if helpful):

- Had an idea
- Spoken to someone
- Done research
- Tried something small
- Learned something new

What other things have you been doing that are also progress?

These are all progress too.

Tick anything that applies:

- I've been thinking things through more clearly
- I understand my idea better
- I feel more confident (even slightly)
- I've ruled something out
- I've learned what doesn't work
- I've taken time to reflect
- Other: _____

Have there been moments when you paused or stepped back?

What caused that?

Did you learn, rethink, or reset anything during that time?

Have you been comparing your journey to others?

This is very common

Who or what are you comparing yourself to?

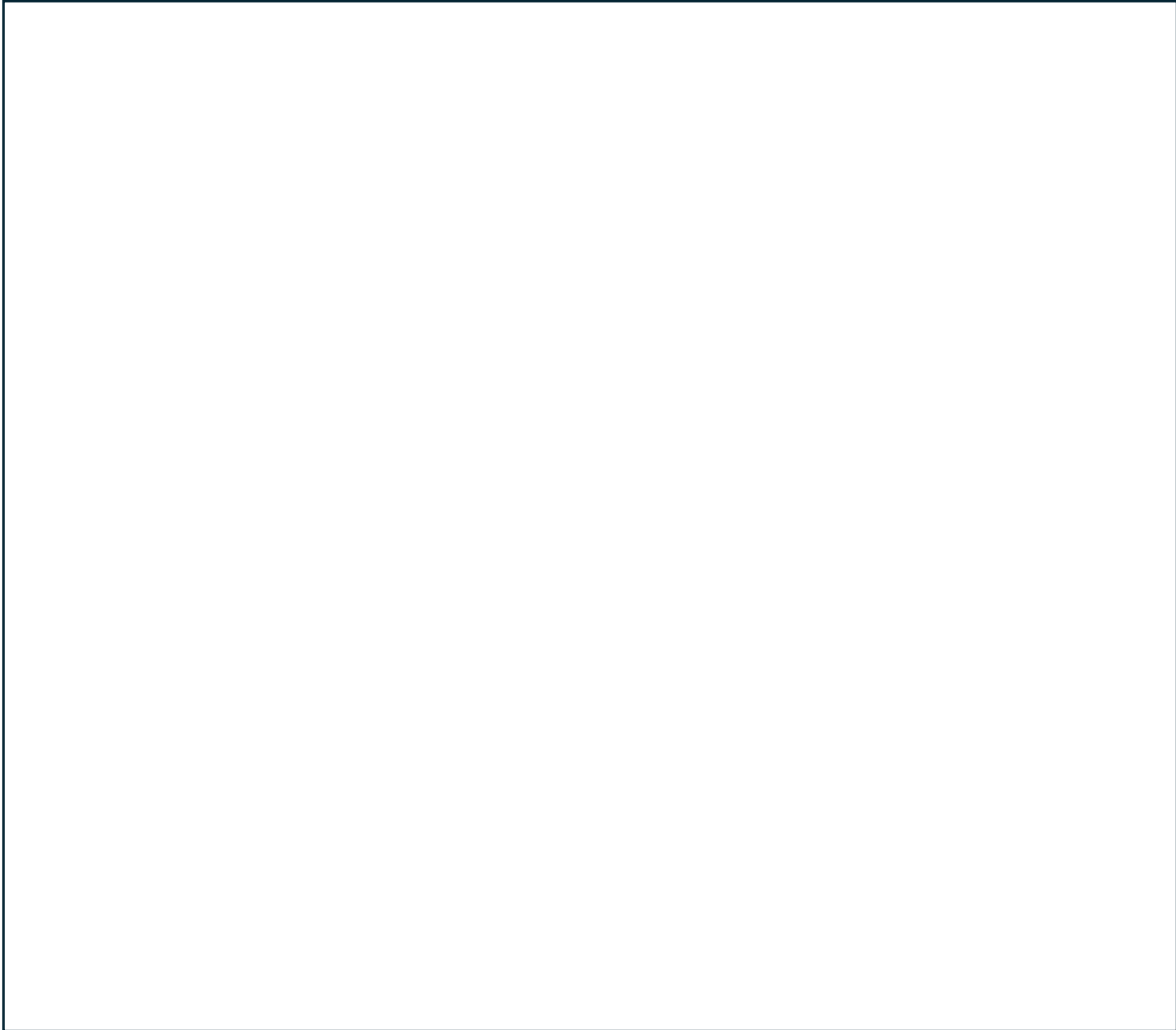
What is different about your situation, life, or pace?

Your path so far

It doesn't have to be straight

If your journey hasn't been linear, describe what it's looked like here.

Draw your progress journey here:
straight line, zig-zag, pauses, loops



What does progress look like now?

What would feel like progress for you at this stage?

What would be a small, realistic step forward?

Your Next Step

This doesn't need to be big — just something that moves you forward.

My Next Small Step is:

When will I do it? _____

Why this feels right for me:

Final reflection

What have you realised while doing this?

Do you see your progress differently now?

What feels more possible now?
