




Signs You're Growing

Even If It Doesn't Feel Like It

*"Joy is finding its way
back to you."*

You catch yourself laughing
at small, silly things on TV.
Moments that once
slipped by unnoticed.





*You're choosing what
lights you up again.*

You start making little weekend plans,
not because you “should,”
but because you actually want to.



*"You're care for others more deeply
now, because you've finally learned to
care for yourself"*

You feel more compassion for other people's struggles, and find yourself wishing you could ease their load somehow.



*"Your spirit is learning
to breathe again."*

You step outside and wonder where this
lightness came from?
A calm energy that feels new, yet somehow,
like coming home.



*"When you start noticing
these small changes,
that itself is growth."*

*"It means you're
beginning to see
how far you've
quietly come,*

*and how gently
you're learning
to love yourself again."* 