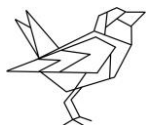


Letting go of where you thought you would be

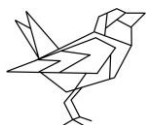
If you feel stressed, disappointed, or overwhelmed that you are not at the place in your life you thought you would be, take a step back and look at where you are.

It's important to realize it is absolutely OK that you are not where you thought you would be. Your feelings are real and valid and taking the time to look at where you thought you would be and where you are can help you work through what you are feeling.

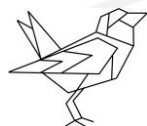
Equally as important is realizing all the things you have accomplished that you may not have been tracking. You may not be where you thought you would be, but you have certainly had a lot of experiences and learned a lot.



List the accomplishments, experiences, and milestones you thought you would have hit by this point in your life.



List the reasons that it's OK you are not there.



Think about something you have accomplished.

Where I thought I would be	Why it's OK I'm not there	What I have accomplished