

# Already in Process Inventory

*Finish these sentences to acknowledge your movement.*

## **When this might help:**

- You feel like nothing's changing and want evidence of movement
- The end of a week, looking back

## **The practice:**

- "This past week, I noticed myself feeling..."
- "A moment where I paused instead of reacting was when..."

*Even if these moments felt small, they're evidence of movement.*

Gentle fallback: Finding one moment is enough.