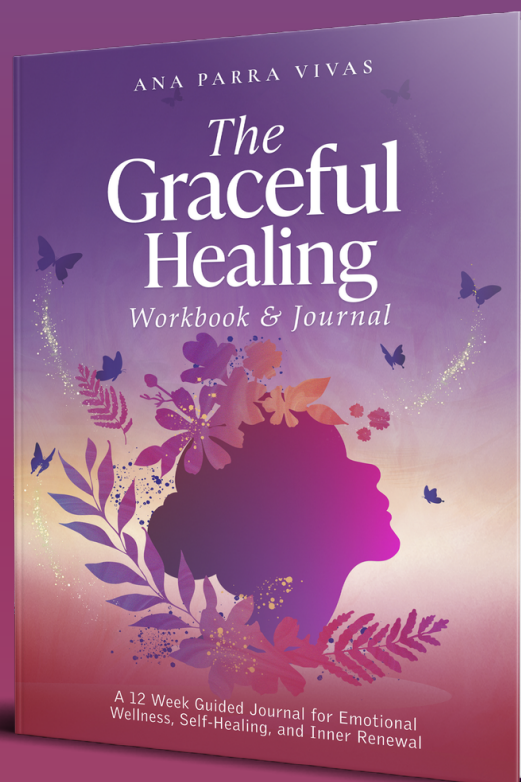


A COMPANION TO YOUR JOURNAL

Ten Signs the Work Is Working

How to recognize a shift while it is still small — for the weeks when it feels like nothing is happening.



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Why I made this

“Many people don’t realize they’re carrying silent disbelief. They try new things, but deep down, they expect to be disappointed — again.”

That is Week 9 of your journal, and it is the most honest sentence in the book.

Here is what I did not say there. The shift almost never announces itself. It does not arrive as a windfall or a phone call. It arrives as something small you would not think to count — and because you do not count it, you decide nothing is happening, and you stop.

So I made you this. Ten small things that mean the work is working. There is nothing to write and nothing to print. Read it now if you are just beginning, or read it at the end to see what you did.

They are grouped the way the journal is. What changes in your mind. What changes in how you meet the day. And what changes in what you finally let yourself want.

With love, Ana



In your mind

The first shifts are private. Nobody else can see them, which is exactly why they are easy to miss.

1 You respond to the thought instead of reacting to it

The thought still comes. What changed is what happens next. Instead of believing it and moving on, you stay with it a moment and ask where it came from. Whose voice is that. When did I first believe it. That turn, from reacting to asking, is the whole practice.

2 Something you used to tolerate has started to bother you

This feels like going backwards. It is not. Your standard moved before your circumstances did, and that is the correct order. Comfort would have meant nothing had changed.

3 You forgive yourself faster than you used to

The mistake still stings. It simply stops being evidence. Week 7 asks you to say, I forgive myself for not being perfect. The sign is not that you say it. It is that it takes hold sooner.

In how you meet the day

The middle shifts show up in ordinary moments. A compliment, a full inbox, a small decision.

4

You say sorry less often than you did

Fewer apologies for taking up room, needing a moment, or wanting something. You are no longer asking permission to be where you already are.

5

You ask what you are broadcasting today

Week 5 calls your attitude a signal. The sign is that the question now arrives on its own, first thing — what am I broadcasting today — before you have started reading the day as something that is happening to you.

6

You say thank you without adding anything after it

No deflection. No oh, it was nothing. Week 6 calls this receiving, and it is the hardest one for women who give beautifully and take nothing.

7

You let go of something and barely felt it

A drawer, a coat, a set of plates you kept for no reason. Week 10 calls this the Vacuum Law. The sign is how little it cost you. Letting go of things is the first step, and the easiest. What follows is quieter — letting go of old ideas, and of the thoughts you have carried longest.

In what you let yourself want

The last shifts are the boldest, and the ones a tired woman is least likely to give herself credit for.

8 Your goal got bigger instead of smaller

Week 8 asks you to create from faith, not from history. The sign is that you revised a plan upward, and did not immediately talk yourself back down.

9 Waiting has stopped feeling like proof it is not coming

This is the one. Silent disbelief expects disappointment and calls it realism. When the wait becomes ordinary rather than damning, the belief underneath has already moved.

10 You gave something away on a day you felt short

Money, time, attention, a real compliment. Week 12 calls it being the source. Nobody gives from a place of scarcity, so if you gave, some part of you had already stopped believing you were running out.

What this looks like in a real week

Sign 2 is the one women most often mistake for failure, so here it is in full.

WHAT SHE NOTICED

“I have been doing this journal for five weeks and all it has done is make me irritated with my sister.”



WHAT WAS ACTUALLY HAPPENING

Nothing about the sister changed. What changed is that the arrangement stopped feeling normal. For years it was simply how things were. Five weeks of looking at it honestly, and it became something she noticed.

Irritation is often the first evidence that a boundary has arrived before the words for it have. It is uncomfortable and it is progress, and the two are not opposites.



You are further along than it feels

If one of these is true for you, that is not a small result. That is the shift beginning, in the form it actually takes. Come back to this page in a month and count again.

Monday mornings, I write to you.

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