Hello my fellow graduates! How is everyone doing? Now I am not going to lie to you all, as I am not exactly where I want to be when it comes to my goals, which has led to huge feelings of frustration and helplessness. I have been putting in the time and energy toward my goals, but it seems that they are a long way off. Do you ever feel like this? When you refocus your thoughts and energy toward acknowledging the small wins, you realize that you have been making progress and that you are not as far behind as you thought. Believing in yourself can help you gain more confidence and energy to accomplish those bigger and better goals. Don't stop working toward your goals; you are not done!

When you don't feel like you are progressing toward your goals, it can be tempting to think that you are a failure. This is not the case. So how do you get beyond these feelings? After doing some reading and reflecting, I have come to realize that I have been too harsh on myself! Just because I have not yet reached my goals does not mean that I have been failing this whole time. I have been making progress, and I should be proud of that. It is important to remember that growth and progress take time, and it is okay to make mistakes along the way.

It is also important to remember that you are not alone. There are many people who are facing similar challenges and are working towards similar goals. It can be helpful to connect with others who are in a similar situation. This can provide support and encouragement, and it can also give you perspective on your own situation. When you feel stuck or frustrated, try reaching out to someone who can offer support and guidance.

So what do you do when you feel stuck or frustrated? It is important to take a step back and reflect on your goals and the actions you are taking to achieve them. Are you doing what you need to do? Are you focusing on what is important to you? If not, it may be time to make some changes. It is also important to remember that progress takes time, and it is okay to take breaks when you need them. Don't be too hard on yourself; you are doing the best you can.