

**@THOUGHTCATALOG**  
**EXACTLY WHAT WE NEED TO HEAR RN. TRUST THE PROCESS.**

**thoughtcatalog** Stop. Stop questioning. Stop over-thinking. Stop looking back and trying to measure where you've been or how far you have left to go. Stop telling yourself you aren't there yet, or aren't good enough.

Stop.

Because right where you are in this moment—even in all this imperfection and mess and steps still left to take—is exactly where you're supposed to be.

Thousands of moments led up to this. Hundreds of decisions and actions. Millions of tiny thoughts and mistakes and blessings have brought you are. And here is good.

We have to stop telling ourselves that we are failing. We have to stop telling ourselves that we won't make it because we haven't yet. We have to stop telling ourselves that we are losing. Because there's nothing to lose.

We are only gaining—knowledge, wisdom, experience, lessons. Everything we go through teaches us how to survive. Every obstacle helps us learn who we are. Every painful moment breaks us, but builds us. And little by little, we are making it through.

So stop. Stop worrying. Stop wondering. Stop letting yourself feel defeated and broken. You are none of those things. You are a person who is growing, changing, learning, becoming, succeeding. And where you are right now? That's exactly where you're supposed to be. Trust in the moment, and more importantly, trust yourself. You are incredible and strong.