



THE GROUND I HAVE ALREADY COVERED

**An Eight-Week Practice for Seeing How Far You
Have Already Come**

THE INNER LISTENER

© 2026 The Inner Listener. All rights reserved.

No portion of this journal may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise, except for brief quotations in critical reviews or articles, without the prior written permission of the publisher.

Disclaimer: This journal is intended for personal reflection purposes only. The content provided is for general informational purposes and is not intended to be a substitute for professional medical, psychological, or therapeutic advice. Always seek the advice of a qualified professional with any questions regarding a medical or psychological matter.

Noticing your own patterns closely, day after day, can sometimes bring up stronger feelings than expected. If that happens, pause the practice and speak with a qualified professional. There is no benefit to pushing through discomfort here, and the journal can always be picked back up later.

Layout & Design: The Inner Listener

Published by: The Inner Listener

theinnerlistenerhub.com

First Printing: 2026



BEFORE YOU BEGIN

Welcome

Most people can tell you exactly what is still unfinished. Very few can tell you, just as precisely, what has quietly become easier. This journal is for the second list.

Each day, you compare two moments: how something used to be, and how it is now. You write the then, you write the now, and you let the gap between them show you the distance. A line of proof and a mark on a five-point scale finish the page.

There are eight weeks, and each looks at a different place where ground tends to be covered without anyone noticing:

- | | |
|--|-------------------------------------|
| 1 A skill | 2 A fear |
| 3 A habit | 4 A conversation |
| 5 Your body | 6 An old reaction |
| 7 Something you no longer avoid | 8 The whole distance at once |

Each week has six short entries and a review page, so eight weeks give you forty-eight entries. Take as long as you need.

By the end, you will hold something most people never have: written evidence, in your own hand, of how far you have already come. A Proof File at the back gathers the best of it, ready for a harder day.

Miss a day or two and nothing is lost. Each week stands on its own.



BEFORE YOU BEGIN

What You Get From This Journal

It can be easier to remember what is unfinished than what has become easy. The more you have changed, the less it shows.

This journal gives you a way to see it. One page a day. A then, a now and one piece of proof.

THIS JOURNAL IS FOR YOU IF YOU OFTEN...

- list what is unfinished far more easily than what has become easier
- feel as though you have not moved, even after months of effort
- tell yourself it was always easy, about things that were once hard
- want proof on a hard day, and not only reassurance

AFTER EIGHT WEEKS, YOU WILL HAVE...

- 1 Forty-eight pieces of written proof.** Each one a then, a now and one real example, in your own hand.
- 2 A Proof File.** One nomination from each week, with your five strongest circled, ready for a hard day.
- 3 A Ground Map.** A single view of where you have moved most: a skill, a fear, a habit, a conversation, your body, an old reaction and something you no longer avoid.
- 4 Your own then-and-now sentence.** A clear statement, in your words, of how far the distance really is.

It takes a few minutes a day. Short phrases are enough.



BEFORE YOU BEGIN

What You May Notice

Every reader is different, and each week stands on its own. You may find a pattern a little like this.

1-2 WEEKS

WEEKS 1 AND 2

You start to find your then, the older version of the skill or the fear, and you begin to see the gap between that and now.

3-5 WEEKS

WEEKS 3 TO 5

You start to notice where ground gets covered quietly: the habits, conversations and reactions that no longer cost what they did.

6-8 WEEKS

WEEKS 6 TO 8

You start to see the whole distance at once, and to trust the proof you have written.

Nothing here is a test. The number can go down as well as up, and an honest page is always worth writing.



WORTH ASKING

Why Journal This?

It can be easier to remember what is unfinished than what has become easy. Once something becomes easy, it stops feeling like an achievement and starts feeling like the way things always were.

That is the trap. The more completely you have changed, the less it shows. A task that once took courage now takes thirty seconds, and nobody applauds, least of all you.

Writing a then and a now side by side makes the change visible again. You are not asked to praise yourself or to predict anything. You are asked to compare two honest descriptions and notice what lies between them.

Written side by side, a then and a now are hard to argue with. On a day when everything feels stuck, you will have a page of proof in your own hand, and a short list of the best of it.

What is in it for you is simple: evidence that you have already come further than it feels.

So this is where it starts: not at a finish line, but with the plain fact of where you were, and where you are standing now.



WORTH KNOWING

How a Page Works



THEN AND NOW

Describe how this used to be, and how it is today, side by side.



THE PROOF

Write one piece of evidence from today that the change is real.



THE DISTANCE

Mark how far you feel you have come, from barely to a long way.

A COMPLETED EXAMPLE

The ground: a skill that takes less effort than it did.

Then: I spent an hour drafting one short email and asked someone to check it.

Now: ten minutes, and I still ask for a second pair of eyes on the important ones.

The proof: I sent a reply this morning without drafting it twice.

The distance: 3. A short, honest page is a full page.



HOW TO USE THIS JOURNAL

The Daily Rhythm

1

THEN AND NOW

Each page opens with a question about one kind of ground. Answer it twice: once for how things were, once for how they are. Short phrases are enough. This is the heart of the page.

2

THE PROOF

One specific thing from today that shows the change is real, however small.

3

THE DISTANCE

Circle a number from 1 to 5, or tick not sure. It is a personal reflection, not a score to compare between weeks, and the number can go down as well as up.

Some days the Then column will come easily and the Now column will take longer, or the other way round. Either is fine. Write what is true.

THREE SMALL THINGS TO REMEMBER

- **Small counts:** the change you almost left out is usually the one that matters.
- **Missing a day changes nothing:** each week stands on its own, so pick back up whenever you next notice something.
- **Know your limits:** this journal is a quiet space for noticing, but a trusted person or professional is always the better place for anything heavier than a page is meant to carry.



WHEN THE PAGE IS HARD TO START

When You Cannot Find Your Then

Some days the Then column stays blank because the old version of you is hard to remember. That is common, and it makes the page harder to begin. Borrow one of these routes back, compare with something recent instead, or simply leave the Then column open.



Old messages or emails. Read something you wrote a year or two ago. Notice what worried you then, and what no longer does.



Old photographs. Look at who you were with, and at what you seem to be carrying.



Someone who knew you then. Ask what you were like, or what you used to find hard. Other people often remember it better.



Your own first attempt. Think back to the first time you tried the thing. What did you check, avoid or rehearse?

Any one of these is enough. You only need a single honest sentence about the past.



SIGNS TO LOOK FOR

Signs the Ground Has Moved

Ground is covered quietly. It rarely announces itself, but it leaves signs behind.



YOU STOPPED REHEARSING

A call you used to prepare for and now simply make

A route you no longer check twice

A message you send without drafting it three times



YOU STOPPED BRACING

A situation that used to tighten your chest and now does not

Feedback you can hear all the way through

A task you no longer put off until you feel ready



YOU STOPPED APOLOGISING

A boundary stated without a long explanation

A preference voiced without a cushion of excuses

A mistake owned without spiralling

None of these needs to be large. A change you can name is a change you can keep.