FREE PACK

Nothing has to *change first*

Your new interpretation starts here, not after the scenery improves.

1 WHAT I AM WAITING FOR

2 WHAT I TELL MYSELF MUST CHANGE FIRST

3 THE FIRST STEP THAT DOES NOT DEPEND ON IT

Small, real and doable from where I stand.

"Nothing has to change first" does not mean you put up with anything. A boundary, a practical solution or leaving a harmful situation can all express that perspective. Love for yourself stays the starting point.