

Then and Now

Notice what is actually different about your life today compared to back then.

WHEN TO USE THIS

Use this when the past feels close and you need to get your bearings in the present.

This page is about today, not about what happened. You can skip any line, or stop here.

What is different now?

Where you live, who is around you, what you can do, what you know.

THEN

NOW

What can you do now that you could not do then?

What is one thing about today you would want your younger self to know?

Your body may not know the difference yet. This page can help remind it.