



PROGRESS IS PROGRESS

7-Day Messy Progress Challenge

Day 1: Welcome & Set Intentions

Hey, it's Belle.

This week is about showing up for your messy progress — no filters, no shame, no pretending.

If you're here, you or someone you love knows how brutal addiction and recovery can be. But damn it, progress counts, no matter how small or ugly.

You're already proving it by being here. **Let's start.** with honesty and a little kindness toward ourselves.

Journal Prompt

Think about the last time you felt truly stuck — like shame, fear, or self-doubt was holding you hostage.

What did that feel like in your body? What thoughts flooded your mind?

Now, what would you say to **yourself** in *that moment* if you were your own best friend?

Write freely and honestly.

Today's Mindfulness Practice (5 minutes)

- 1 Find a quiet spot. Sit comfortably and close your eyes if that feels okay.
- 2 Take a few deep breaths and bring to mind any shame or *quilt* you might be carrying.
- 2 As you breathe In, imagine you are breathing in that shame.
- 6 As you *breathe out*, breathe out kindness and compassion for yourself *repeat twice*.
- 6 Silently say to yourself: *"I am not my shame. I am showing up anyway."*
Repeat twice.

My Tiny Wins + Lessons Notebook

(We'll build this every day this week)

- 6 Find a quiet spot. Sit comfortably and close your eyes if that feels okay.

- 1 One small **thing I'm proud of** (even if it's just showing up here):

Today's Reflection

What's the first thing that comes to mind when you hear the word "progress"?

Drop a word, phrase, or quick honest thought. No overthinking.

Notes from my practice — how do I feel right now?

Real Talk Case Story Reflection

Terry stared at his reflection after a brutal night and didn't recognize the person looking back. With shaking hands and a heart screaming at himself, he still walked into that first sober meeting. It wasn't perfect or pretty — it was raw survival.

What part of Terry's messy first step feels familiar to you today?

See you tomorrow for Day 2 — celebrating the tiny wins that actually matter!

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You're not alone in this.