



PROGRESS IS PROGRESS

7-Day Messy Progress Challenge

Day 2: Celebrate the Tiny Wins

Hey, it's Belle here again.

We named what "progress" feels like yesterday. Today we're giving credit to the small, often invisible wins that actually move the needle. These tiny acts aren't "nothing" — they're the real warriors stacking up when no one's watching.

Today's Reflection

Share one tiny win from the last 24–48 hours (no minimizing allowed).

Journal Prompt

List every small win you can remember from the past day or two — even the ones that feel insignificant.

How does it feel in your body and mind when you actually acknowledge them as real progress? What shifts in your motivation or self-talk when you stop dismissing them?

Today's Mindfulness Practice (5 minutes)

- + Write down three **tiny wins** right here.
- + Sit quietly and breathe into each one — let the feeling of accomplishment sink in.
- + Silently say: "These small steps matter. I am building something real."

My Tiny Wins + Lessons Notebook

(add to this every day)

- + Win #1: _____
- + Win #2: _____
- + Lesson I'm taking with me: _____

Today's Reflection

Share one tiny win from the last 24–48 hours (no minimizing allowed).

Notes from my practice:

Real Talk Case Story Reflection

Maria's shaky phone call to her sponsor wasn't perfect — it was raw and scared.

What part of her story feels familiar to you today?

You showed up today.
That's progress.

See you tomorrow for Day 3.