



PROGRESS IS PROGRESS

7-Day Messy Progress Challenge

Day 3: Face the Shame, Don't Feed It

Hey, it's Belle back with some real talk.

We celebrated tiny wins yesterday. Today we turn toward shame — the sneakiest saboteur. We name it, feel it, and refuse to let it run the show.

Today's Reflection

Think of a recent time shame tried to stop you. What exact words did it use? What were you secretly afraid it would make true about you?

Now write a short compassionate letter back to yourself — the kind you'd give a good friend.

Remind yourself: **"I am not my shame.**
I am the one showing up anyway."

Today's Mindfulness Practice — RAIN (5~7 minutes)

Recognize → **Allow** → **Investigate**
(what fear is underneath?) → **Nurture** with kindness.

Place a hand on your heart if it helps.

Real Talk Case Story Reflection

- James named his shame out loud in a choked voice and cracked the cage.
- What small way could you **name your shame** today without letting it define you?

My Tiny Wins + Lessons Notebook

- Win today: _____
- Lesson: _____

Today's Reflection

If you feel safe, share a moment when **shame** tried to sneak in recently. What did it say? How did you respond (or wish you had!)

Notes from my RAIN practice:

Win today: _____

Lesson: _____

You faced **something hard** today.

That's progress.

See you tomorrow for **Day 4.**