



PROGRESS IS PROGRESS

7-Day Messy Progress Challenge

Day 4: Accept the Setbacks

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

Setbacks happen. They don't erase your progress — they're part of the jagged road. Today we meet them with mercy instead of more shame.

Today's Reflection

Write about a setback. How did it feel? What did your inner voice say right after?

Now **shift perspective**: What one thing did you learn? How might this "failure" actually be a strange kind of success in disguise?

Today's Mindfulness Practice (5 minutes)

- 1 Write down one lesson from the setback.
- 2 Sit quietly and repeat:
"Setbacks are part of my story, not the end of it.
I forgive myself for being human."

Real Talk Case Story Reflection

- 4 Ahmed met his relapse with mercy and made a stubborn promise to keep going.
- 5 What **small promise** could you make to yourself today?

My Tiny Wins + Lessons Notebook

- 5 Win: _____
- 6 Lesson from setback: _____

Today's Reflection

If you feel ready, share a recent **setback** and one tiny move you can make tomorrow anyway.

Notes:

Win: _____

Lesson from setback: _____

Win: _____

Lesson from setback: _____

You're still here. **That's progress.**

See you tomorrow for Day 5.