



PROGRESS IS PROGRESS

7-Day Messy Progress Challenge

Day 5: Find Your Strength in Connection

Hey, it's Belle here.

You don't have to carry this alone.

Connection is medicine. Today we remember who (or what) has helped keep your fire burning.

Journal Prompt

Write a short letter of gratitude (you don't have to send it) to someone or something that supported you in a dark moment.

How does knowing you're not alone change how you feel about your messy progress?

Today's Mindfulness Practice (3–5 minutes)

Bring to mind your support.

Send silent gratitude and let that warmth fill you.

End with: "I am not alone. Connection strengthens my progress".

My Tiny Wins + Lessons Notebook

+ Win: _____

+ Support I'm grateful for: _____

Today's Reflection

Name one person, group, or source of support that has helped you.



Real Talk Case Story Reflection

Jolene found lifelines in a 12-step circle while in prison.

What connection could you lean on or reach out to this week?

Notes: _____

You're not alone in this. **That's progress.**

See you tomorrow for **Day 6.**