



★ PROGRESS IS PROGRESS ★

7-Day Messy Progress Challenge ★

Day 6: Redefine What Progress Means for You

Hey, it's Belle checking in.

Progress isn't anyone else's scoreboard.
Today we throw out the old rules and define it
on our own messy terms.

★ Today's Reflection ★

Share how you define progress
right now. Be real.

Today's Reflection ★

What does progress really mean to you —
beyond streaks or expectations?
How has your idea of progress changed?
What small, often invisible steps feel like
real wins right now?

Today's Mindfulness Practice (5 minutes)

Write your personal definition of progress.
Sit quietly, read it back, and absorb it.
End with: "My progress is mine. it counts exactly as it is."

My definition: _____



Real Talk Case Story Reflection

DeShawn rewrote perfection into
small acts of self-love.
What does your version of progress
look like today?

Notes: _____

My Tiny Wins + Lessons Notebook +

- + Win: _____
- + My personal definition of progress: _____

My personal definition of progress.

Own it. **That's progress.**
See you tomorrow for **Day 7.**