



★ PROGRESS IS PROGRESS ★

7-Day Messy Progress Challenge ★

Day 7: Reflect & Commit to Next Steps

Hey, it's Belle here for our finale.

We've come full circle. Whether you posted every day or showed up quietly, you're still here. That's messy, beautiful progress.

Today's Reflection ★★

What's the one lesson you want to carry forward? Write a gentle promise to yourself for your next doable step.

Today's Mindfulness Practice (3-5 minutes)

Breathe and bring to mind your lesson and promise. Repeat: "I showed up this week. My messy progress counts. I keep moving forward, one step at a time."

Notes: _____

My Tiny Wins + Lessons NoteboOk ★★

- Final Week Summary

- + Biggest win of the week: _____
- + Biggest lesson: _____
- + My next small step: _____
- + Promise to myself: _____

★ Today's Reflection ★★

Share one big lesson from this week and one small next step you're willing to take.



Real Talk Case Story Reflection

Lin gave herself permission to be imperfect and made presence her progress.

What permission are you giving yourself as you move forward?

Notes: _____

Biggest win of the week: _____

Biggest lesson: _____

My next small step: _____

Promise to myself: _____

Thank you for showing up messy and real.
Progress is Progress — and you're still in this. 🛡️