

Session 2: Redefining Progress



Let's Get Real: Progress Isn't a Flashy Firework... It's a Slow Burn

The Real Talk

Tiny wins matter more than you think! Change is a crawl, a stumble, a wobble—especially when you're healing from trauma or burnout.



Tiny Steps, Big Changes!



"Progress is all those small things nobody sees but your brain needs."

Why This Lesson Matters

- ✓ **Micro-success** rewires your brain for the better.
- ✓ **Builds momentum** & prevents backslides.
- ✓ **Celebrating small wins** retrains your dopamine.



The Science of Small Wins

Your brain LOVES tiny, positive steps!

- Small actions
- Steady rewards
- Lasting habits.



DARE: Your 1% Win Day Challenge!

- ✓ Pick ONE day this week as your "1% Win Day!"
- ✓ Pause & notice each tiny win.
- ✓ Write them down.
- ✓ Read your list out loud!



Example Wins:

- ✓ Took a deep breath.
- ✓ Drank water instead of soda.
- ✓ Said no to junk food!



Bonus Reflection!

"Inner Critic Says.... But I Know..."

Call out your doubts!

Inner critic says: "One day doesn't matter."

But I know: "Every day adds up!"

