



Honoring Your Progress

Each morning, reflect on and acknowledge the small steps you took toward your goals the previous day. It could be a skill you practiced, an emotion you noticed and labelled, or a thought that you reframed. Healing takes place one intentional step at a time.

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____

Sunday: _____
