

## Day 5: First Week Integration

Reflect on progress and solidify your foundation

20 minutes

Weekly Review and Comfort Zone Planning

### Morning Check-in (2 minutes)

Daily Questions: - What am I avoiding today and what fear is driving it? - What is one small step I can take toward a feared task? - How can I show myself compassion around this challenge? \*Progress check:\* ---

**\*\*Biggest insight from this week:\*\*** \_\_\_\_\_

### First Week Review (10 minutes)

Purpose: Recognize growth and consolidate learning

#### 1 Day-by-Day Progress Check (5 minutes)

**\*\*Day 1 - Fear Inventory:\*\*** **\*\*Day 2 - Self-Compassion:\*\*** **\*\*Day 3 - Pattern Tracking:\*\*** **\*\*Day 4 - Fear vs Reality:\*\***

What fear surprised you most? \_\_\_\_\_

How has your self-talk changed? \_\_\_\_\_

What patterns did you notice? \_\_\_\_\_

What fear proved less accurate than expected? \_\_\_\_\_

### Fear Exposure Ladder Creation (6 minutes)

Purpose: Create a systematic approach to facing fears

#### 1 Step 1: List Your Avoided Tasks (3 minutes)

Write 5-8 tasks you avoid, from easiest to hardest: **\*\*Anxiety Level 1-3 (Mild):\*\*** **\*\*Anxiety Level 4-6 (Moderate):\*\*** **\*\*Anxiety Level 7-10 (High):\*\***

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

## Accountability Setup (1 minute)

Who can I share my progress with? ---

Name: \_\_\_\_\_

\*\*When I'll check in with them:\*\* \_\_\_\_\_

\*\*What I'll share:\*\* \_\_\_\_\_

## Commitment for Next Week (1 minute)

My commitment: ☐ Continue daily check-ins ☐ Use the 5-minute timer daily ☐ Work on my Level 1-3 fear ladder items ☐ Track patterns when I notice them ☐ Practice self-compassion when I struggle  
One thing I'll do differently next week: ---

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## Week 1 Completion Celebration

How I'll celebrate completing my first week: Affirmation for moving forward: \*I have the courage to face my fears one small step at a time. This week proved I can change.\* ---

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## Tomorrow's Preparation

Next week we'll dive deeper into automatic thoughts and begin building evidence against fear-based assumptions. Integration Thought: \*Small consistent steps compound into significant change. I'm already transforming.\*