

Day 7: DISCOVER

Celebrating Progress and Looking Forward

Today's Focus

You've made it through 7 days. Today, we celebrate your progress and discover what's next.

Exercise 1: Your Wins

What are 5 things you're proud of from this week?

Exercise 2: Your Lessons

What did you learn about yourself this week?

Exercise 3: Your Next Steps

What are 3 commitments you're making to yourself moving forward?

Exercise 4: Your Letter to Future You

Write a letter to yourself 30 days from now. What do you want to remember? What do you hope to achieve?

Closing Reflection

Recovery is not a destination - it is a daily practice. You have proven to yourself that you can do this. One day at a time. Keep going.