



MY PROGRESS REPORT

not to be perfect. just to be present

DATE: _____

SEASON: _____

AREAS OF LIFE	STILL LEARNING WORKING ON IT	GROWING HERE MAKING PROGRESS	FEELING STRONG PROUD OF THIS
QUIETING MY MIND Choosing peace over overthinking	☐	☐	☐
SPEAKING KINDLY Treating myself with the same grace I give others	☐	☐	☐
HONORING MY BODY Moving, nourishing, and resting in ways that feel good	☐	☐	☐
RESTING WITHOUT GUILT Understanding that rest is necessary	☐	☐	☐
PROTECTING MY PEACE Setting boundaries and safeguarding my energy	☐	☐	☐
CREATING RITUALS Building simple habits that support my life	☐	☐	☐

WHAT I'VE LEARNED THIS
SEASON

I'M PROUD THAT.....

ONE THING I'LL KEEP
PRACTICING

A NOTE TO MY FUTURE SELF
Something you need to always remember
