

DAY 7



INTEGRATION WORKSHEET:
CELEBRATING YOUR PROGRESS

PRACTICE GUIDE

**“EVERY MOMENT OF AWARENESS IS A
TRIUMPH. EVERY SMALL SHIFT IS A
VICTORY”**

Fiona Soutter

PART 1

CREATE YOUR PROGRESS MAP

Congratulations on completing your first week! 🎉

Today is about integration — pausing to reflect, celebrate, and consciously anchor the new pathways you've begun creating. 🌸

Reflection is not just a reward; it is part of the rewiring process itself

Find a quiet space and review your journal entries from the past week.

Answer the following questions:

- What has been my biggest insight about my thought patterns?

- Which limiting belief was most surprising to discover?

- When did I successfully use the pattern interruption technique?

- What did it feel like to embody my future self?

- What changes, however subtle, have I noticed in my daily thoughts or reactions?

Celebrate every win, no matter how small. Each moment of awareness is a profound shift!

(Optional: Use colored markers to make your Progress Map creative and visual!)

PART 2

CREATE YOUR ANCHOR PHRASE

Create a phrase that captures your commitment to this journey.

Examples:

"I am the observer, not my thoughts."

"Each day I strengthen my self-love."

"I am remembering who I truly am."

Write this anchor phrase:

- In your journal
- On a sticky note for your mirror
- As a phone lock screen reminder

Return to your anchor phrase throughout your day to reconnect with your intention.

My Anchor Phrases:

Part 3: Set Your Intention for Week 2

Complete the following sentence:

"As I continue this journey, I commit to..."

Write your intention with sincerity and clarity



CLOSING THOUGHTS

Even if change feels subtle, it is happening. Your brain, your body, and your spirit are all recalibrating toward greater self-love💙

"Transformation happens in small, sacred moments of commitment and compassion."

Celebrate yourself today, and get ready — Week 2 will take you even deeper into your magnificent becoming. ✨
