



KEEP GOING

7-DAY PERSONAL CHECK-IN

A FREE KICKIN' IT WITH KAY COMMUNITY DOWNLOAD

You don't have to have everything figured out. For the next seven days, take a few quiet minutes to notice your progress, tell yourself the truth, and decide what your next healthy step will be.

A NOTE FROM KAY

You are doing better than you think. Every step forward counts - even the small ones nobody else sees. Your journey does not have to look like anyone else's. Use these pages to slow down, recognize how far you've come, and keep moving toward the life you are building. A hard day does not erase your progress. Keep showing up. Keep choosing yourself. Keep going.

- Kay

Real People. Real Stories. Real Solutions.

GIVE YOURSELF CREDIT

What am I proud of myself for right now?

Name something you have done, changed, survived, resisted, completed, or handled better than you would have before.

TODAY I'M GRATEFUL FOR...

ONE THING I WILL DO FOR MYSELF TODAY:

REMEMBER WHAT YOU SURVIVED

What have I survived that I don't give myself enough credit for?

You do not have to live in the past to acknowledge the strength it took to make it through it.

TODAY I'M GRATEFUL FOR...

**ONE THING I WILL DO FOR MYSELF
TODAY:**

NOTICE WHAT'S GETTING BETTER

What is getting better in my life?

Progress can be quiet. Look for changes in your thinking, habits, relationships, faith, health, finances, boundaries, or peace.

TODAY I'M GRATEFUL FOR...

ONE THING I WILL DO FOR MYSELF TODAY:

PUT SOMETHING DOWN

What do I need to stop carrying?

Consider guilt, shame, resentment, somebody else's expectations, an old identity, fear, or a responsibility that was never yours.

TODAY I'M GRATEFUL FOR...

ONE THING I WILL DO FOR MYSELF TODAY:

CHOOSE ONE HEALTHY STEP

What is one healthy choice I can make today?

Keep it realistic. One phone call. One meeting. One boundary. One walk. One prayer. One honest conversation. One good decision.

TODAY I'M GRATEFUL FOR...

**ONE THING I WILL DO FOR MYSELF
TODAY:**

KNOW YOUR SUPPORT

Who or what helps me keep going?

Write down the people, practices, places, beliefs, routines, and resources that strengthen you. Support works best when you actually use it.

TODAY I'M GRATEFUL FOR...

ONE THING I WILL DO FOR MYSELF TODAY:

LOOK FORWARD

Where do I want to be 30 days from now?

Don't try to redesign your whole life tonight. Choose a direction, identify what matters most, and decide what you can begin doing consistently.

TODAY I'M GRATEFUL FOR...

ONE THING I WILL DO FOR MYSELF TODAY:

YOUR 7-DAY PROGRESS CHECK

You showed up for seven days. Before you rush into what's next, notice what these seven days taught you.

What did I learn about myself this week?

What am I most proud of?

What felt difficult?

What do I want to continue doing?

What do I need more support with?

What is my ONE commitment for the next 30 days?

**YOU DON'T HAVE TO HAVE IT ALL FIGURED OUT.
YOU JUST HAVE TO KEEP GOING.**

Healing is possible. Recovery is possible. Your story matters.

For personal reflection and educational use. This workbook is not a substitute for professional medical, mental health, or crisis care.