

Weekly Takeaway Sheet

Unstoppable You, Week 3: 4-20-26

Unstoppable You – You Don’t Need to Do Everything

1. Overwhelm Comes from Trying to Do Too Much

- You don’t have to carry everything at once
- Doing less with intention is more effective
- Simplifying creates clarity and calm

2. You Don’t Have to Overhaul Your Life Overnight

- Big change starts with small shifts
- Growth happens gradually
- Consistency beats drastic change

3. Progress Is Built Through Staying, Not Sprinting

- Slow progress is still real progress
- Staying committed matters more than speed
- Consistency creates lasting results

4. Giving Up on Yourself Hurts More Than Slowing Down

- Slowing down is not failure
- Staying connected to yourself builds strength
- You become unstoppable by not quitting