

Worksheet: The Power of Coming Back

Unstoppable You, Week 4: 4-27-26

Purpose: To help you release the pressure of perfect consistency and build confidence in your ability to reset and continue.

1. Reflect on a Hard Day

Think of a recent day that felt off or difficult.

What made that day challenging? _____

How did you respond to it? _____

2. Reframe the Story

Instead of seeing it as failure, what could that day have taught you? _____

What would it look like to give yourself grace for that day? _____

3. Define Your “Come Back”

What is one small way you can reset after a hard day?

(Examples: go for a walk, drink water, start fresh in the morning, do one small task)

4. Strengthen Your Self-Trust

Finish this sentence:

“No matter how my day goes, I will always come back by

_____.”