

# **Weekly Takeaway Sheet**

## ***Unstoppable You — Keep Going, Even on the Hard Days***

***Week 4: 4-27-26***

### **1. Being Unstoppable Doesn't Mean Never Struggling**

- Hard days are part of real growth
- Struggling doesn't mean you're failing
- Strength includes being honest about how you feel

### **2. It Means You Come Back After Hard Days**

- You can reset instead of giving up
- Small steps rebuild momentum
- Coming back builds self-trust

### **3. Grace and Persistence Go Hand in Hand**

- You don't have to be hard on yourself to grow
- Compassion creates sustainability
- You can move forward with kindness and strength

### **4. You Can Pause Without Quitting**

- Rest is part of progress
- Pausing helps you come back stronger
- Staying committed matters more than constant action