

Unstoppable You: Bold ins't Loud - It's Consistent
April 2026

 **Worksheet: Noticing Your Quiet Growth** 

Purpose: To help you recognize the small, everyday moments where you are already growing and building confidence.

1. Reflect on Your Daily Choices

Think about the last few days.

What are 3 small choices you made that were better than your old habits?

- 1.
- 2.
- 3.

2. Notice the Shift

Choose one of those moments.

What did you do differently this time?

What helped you make that choice?

3. Acknowledge Your Growth

Finish this sentence:

“Even if it feels small, I am proud of myself for _____.”

4. Keep It Going

What is one small, everyday choice you want to continue practicing?