

■ My 7-Day Rebuild Plan ■

A practical, reflective, and inspiring journey to rebuild your life with strength and clarity.

Day	Focus Area	Guiding Question	Action / Habit	Reflection Note
1	Acceptance	What lesson can I take from this setback?	Write three lessons learned today.	
2	Clarity	What matters most to me now?	Define one short-term goal for the week.	
3	Energy	How will I protect my energy today?	Practice 10 minutes of mindfulness or deep breathing.	
4	Courage	What am I avoiding that needs attention?	Face one small fear or take one bold action.	
5	Gratitude	What's one thing I'm thankful for today?	Write down five blessings or positive moments.	
6	Progress	What's one measurable win today?	Track your progress or complete one task fully.	
7	Vision	What does my next chapter look like?	Write a letter from your future self describing your success.	

■ Tip: Keep this plan visible throughout your week. Reflect each night and write one thing you did well. Remember — rebuilding is not about perfection, it's about persistence and courage to keep going.

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