Stay Hopeful Checklist

- Journal daily wins, no matter how small.
- Practice self-compassion and avoid negative self-talk.
- Limit time on social media to avoid comparison traps.
- Revisit and reconnect with your why regularly.
- Build and follow a consistent daily process.
- Celebrate small milestones and invisible progress.
- Visualize your dream life every morning.
- Speak positive affirmations out loud.
- Join or reach out to an encouraging community.
- Allow rest without guilt recharge when needed.
- Track effort, not just results.
- Remind yourself: youre closer than you think.