



Masterpiece in Progress Coaching & Development

5 - Day Progress Journal



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Day 1:

Welcome to your Progress Journal — a space to breathe, reflect, and create the next chapter of your masterpiece. At Masterpiece in Progress, we believe healing and career growth can coexist.

This journal is your invitation to pause, listen to your inner voice, and take a few meaningful steps forward.

Set Your Intention:

- What do you want to discover about yourself during this journaling experience?
- Write one word that represents what you need most right now (e.g., peace, strength, clarity, joy).



Day 2:

Journal Prompt #1

Describe a moment when you felt most powerful, even if it was brief. What made you feel that way? What part of that version of you still lives inside you today?

Write freely.



Day 3:

Journal Prompt #2

When you think about your future career and personal life, what does 'balance' look and feel like to you?

Allow yourself to dream without limits.



Day 4:

Journal Prompt #3

What boundaries do you need to create or strengthen to honor your healing, your time, and your worth?

Reflect on work, relationships, self-care, and energy.



Day 5: Affirmation & Reflection Exercise

Affirmation:

"I am both a masterpiece and a work in progress. My healing empowers my growth."

Reflection Exercise:

List three small but powerful actions you can take this week to honor your healing and progress.

1.

2.

3.

Choose one action to commit to today.



Closing Thought:

You are not starting over. You are starting anew with more wisdom, more strength, and more love for yourself than ever before.

