

GRACE · THE BODY SOUL REVOLUTION

The **Fresh-Start** Guide

Recalculating doesn't mean you've failed.

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GPS: Grace · Progress · Stay the Course

You Don't Need a Clean Slate.

Somewhere along the way, most of us learned that falling off track meant starting completely over — a new Monday, a new diet, a new version of ourselves to replace the one who "failed." That belief is the thing keeping you stuck. Not the missed workout. Not the skipped week. The belief.

Here's the truth your GPS already knows: when you miss a turn, it doesn't scold you, shame you, or send you back to the starting point. It simply says, *"Recalculating,"* and gives you the next right turn from exactly where you are.

That's Grace — the first and most important piece of GPS. Not softness instead of discipline. Grace *as* the discipline that makes the comeback possible.

This short guide gives you four tools to practice Grace on the hard days: a 3-question check-in, a reframe for the "I messed up again" spiral, five ready-to-use self-compassion scripts, and a one-page worksheet to recalculate your own next step. Keep it somewhere you can find it — on your phone, taped inside a cabinet, wherever you'll actually see it when you need it most.

G

GIVE YOURSELF GRACE

P

CELEBRATE YOUR PROGRESS

S

STAY THE COURSE

The 3-Question Check-In

Use this the moment you feel like quitting — on the workout, the plan, the week, all of it. Answer honestly, out loud if you can. It takes ninety seconds and it changes everything.

1

What actually happened — just the facts?

Not the story about what it means. Just the facts. "I skipped my workout today" is a fact. "I always ruin everything" is a story. Name only the fact.

2

What would I say to a friend who told me this?

You would not list her failures. You'd probably say something like, "That's one day. You're allowed to be human." Say that same sentence to yourself, out loud.

3

What's the next right turn, starting right now?

Not tomorrow. Not Monday. Right now. One small, doable action — a glass of water, a 5-minute walk, laying out tomorrow's clothes. Pick it and do it before you close this page.

Five Grace-First Scripts

Self-talk is a habit like any other — which means it can be practiced. The next time you hear the old "I messed up again" voice, try swapping in one of these instead.

INSTEAD OF "I RUINED EVERYTHING"

"I had one hard day. One day doesn't erase the work I've already done."

INSTEAD OF "I HAVE NO WILLPOWER"

"I'm a human being with a full life, not a machine. I'm recalculating, not restarting."

INSTEAD OF "I'LL JUST START MONDAY"

"The next right turn is available right now. I don't need a new week to take it."

INSTEAD OF "WHY CAN'T I JUST STICK TO ANYTHING"

"I've stuck with plenty — I just don't give myself credit for it. What's one thing I have stayed the course on?"

INSTEAD OF "I'M TOO FAR BEHIND TO CATCH UP"

"There is no finish line I'm racing against. There's only the next small step, and I can take it today."

The GPS Recalculation Worksheet

Fill this in whenever you need to reset — print it, screenshot it, or just answer in your head.

G What happened, and what grace do I need to give myself about it?

P What's one piece of progress I'm not giving myself credit for?

S What's my next right turn, and when will I take it?

ONE LAST THING

Strong For What Comes Next.

You already took the hardest step — you showed up here. Keep this guide close for the days you need it, and know you don't have to figure the rest out alone. Patricia and the community are recalculating right alongside you.

thebodysoulrevolution.com/start-here