

CELEBRATE YOUR WINS

Use this worksheet to track and reflect on your small wins each day. By the end of the week, review your entries and celebrate your progress!

DAY 1

What were your wins for the day and how did it make you feel?

DAY 2

What were your wins for the day and how did it make you feel?

DAY 3

What were your wins for the day and how did it make you feel?

DAY 4

What were your wins for the day and how did it make you feel?

DAY 5

What were your wins for the day and how did it make you feel?

CELEBRATE YOUR WINS

After recording your daily wins take some time to reflect and answer these questions

Reflection Questions

Which small win are you most proud of, and why?

What patterns do you notice about the things that made you feel accomplished?

How has tracking your wins impacted your mood, mindset, or motivation?

What's one thing you'd like to improve or focus on for next week?
