






Small Wins Daily Journal

 **Date:** _____


Today's Small Wins:

1. _____ 
2. _____ 
3. _____ 

How I Celebrated:

- _____ 



How Did Celebrating These Wins Make Me Feel?

- _____ 




Reflection on Progress (What have I learned?):


- _____ 

Tomorrow's Small Win Goals:

1. _____ 
2. _____ 

Weekly Summary (Complete at the end of each week):

-  **Biggest achievement this week:** _____
-  **What small win had the greatest impact?** _____
-  **Insights for the next week:** _____

 **Celebrate every step—each one counts towards your larger goals!** 