

Small Wins Tracker

HOW TO

1

Track your 'small wins' throughout your day i.e 'Applied the face mask I've been dying to use, 'Called my old friend to check in.'

2

Write down how it made you feel/why this was a win

3

Check the box for which category this falls into: Social, Career, Family, Love, Finances, Wellness

YOU DID IT! jot down your win	ALL THE FEELS how did you feel?	SOCIAL	CAREER	FAMILY	LOVE	FINANCES	WELLNESS
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