

## Small Wins Tracker

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

## **HOW TO**

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.'

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

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

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