

Small Wins Tracker



Celebrate progress, no matter how small

In this activity, you will **track and reflect** on your daily small achievements, increasing self-awareness and positive self-recognition.

Welcome to Your Tracker

Life can sometimes feel overwhelming, and it's easy to overlook the small victories we achieve each day. This tracker is designed to help you **recognize and celebrate** those small wins. These wins could be as simple as getting out of bed, completing a small task, or reaching out to a friend. By acknowledging these achievements, you'll **boost your mood and self-esteem**, and appreciate your progress.

Read These Instructions

This worksheet will guide you through a daily reflection process where you record your small wins, assess your effort, and reflect on your feelings. While you fill in the tracker, think about how each small win affects your mood and overall well-being. This activity aims to **encourage self-compassion and a growth mindset**.

Encouragement Box



****Small steps are still progress. Every effort counts.****

I acknowledge my effort today

Start Tracking Your Wins

Use the table below to log your achievements each day. Remember to be kind to yourself and **celebrate every step forward**.

Date	Small Win	Effort Level (Low / Medium / High)	How It Made Me Feel	Check
<i>Example: 2024-07-08</i>	<i>Example: Got out of bed</i>	<i>Example: Low</i>	<i>Example: A little better</i>	<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>

Types of Small Wins

Here are some examples to inspire you:

- Got out of bed
- Took a shower
- Replied to a message
- Went outside
- Completed a task
- Practiced self-care

Time for Daily Reflection

Take a moment to reflect on your day. Answering the questions below will help to understand your wins and feelings.

Which win am I most proud of today?

What helped me take action?

Track Your Mood

How did completing small wins affect my mood?

Before:

After:

Highlight Your Week

Weekly Progress Highlight



****One thing I'm proud of this week:****

Consider Your Progress

Now, reflect on the work you have completed to understand your small wins.

What did you learn about yourself through this activity?

How can tracking small wins help you cope with difficult times?

What is one action you will take to continue celebrating your progress?