

Daily Wins Document

Write down your recent big and little wins. Then elaborate what they mean to you by filling in the rest of the spaces. For example, you may write “Today I went for a 30 minute run, which means, I am increasing my cardio and improving me health and fitness. It’s also helping me to lose unhealthy body fat allowing me to fit into my favourite outfit”

Today/ Yesterday I...

1) _____

Which means _____

2) _____

Which means _____

3) _____

Which means _____

4) _____

Which means _____

5) _____

Which means _____
