

How Micro-Wins Drive Motivation

What is a Micro-Win?

A Micro-Win Is...

- A small action with a positive result
- Something you can repeat often
- A visible step forward

Examples:

- Took a screen-free lunch
(Gave your eyes and brain real rest)
- Paused for 3 deep breaths before a task
(Built a mini-reset moment into your day)
- Took a 2-minute walk between meetings
(Refreshed circulation and attention)

The Brain Science

What happens when you complete a small task?

Your brain releases **dopamine** - the neurotransmitter linked to pleasure and motivation. This boosts your drive and makes you want to keep going.

Cue



Action



Micro-Win



Dopamine



Motivation



Repeat



Even the smallest signs of progress drive motivation and positive emotion at work.

Build Your Own List, One Action at a Time

Try one of these micro-wins today:

- Take a mindful moment away from screens
- Say no to something that drains you
- Write down your top priority for the day
- Step outside for a few minutes

- Fill your water bottle
- Play music to lift your energy or calm your mind
- Do a 2-minute stretch between meetings
- Close 3 open tabs to reduce clutter

Progress fuels motivation. Track the small stuff, because it's not small to your brain.

swivel