

Your Micro-Win Tracker

Celebrate small actions. Build big motivation.

Track your micro-wins for 1 week. These can be small actions, moments of progress, or positive choices; anything that made you feel a little bit clearer, or more in control.

Today's Micro-Win (Day 1)

Prompt

Your Response

Today I...

That helped me feel...

I'm celebrating by...

Today's Micro-Win (Day 2)

Prompt

Your Response

Today I...

That helped me feel...

I'm celebrating by...

Today's Micro-Win (Day 3)

Prompt

Your Response

Today I...

That helped me feel...

I'm celebrating by...

Today's Micro-Win (Day 4)

Prompt

Your Response

Today I...

That helped me feel...

I'm celebrating by...

Today's Micro-Win (Day 5)

Prompt

Your Response

Today I...

That helped me feel...

I'm celebrating by...

Progress doesn't need to be loud, just real.
One win a day is enough to build momentum.

swivel

Your Micro-Win Tracker

Celebrate small actions. Build big motivation.

Today's Micro-Win (Day 6)

Prompt

Your Response

Today I...

That helped me feel...

I'm celebrating by...

Today's Micro-Win (Day 7)

Prompt

Your Response

Today I...

That helped me feel...

I'm celebrating by...

Daily Tracker (7-Day Overview)

Day

Win Logged?

Quick Note or Feeling

Monday

Yes No

Tuesday

Yes No

Wednesday

Yes No

Thursday

Yes No

Friday

Yes No

Saturday

Yes No

Sunday

Yes No

End-of-Week Check-In:

What pattern do you notice about when and how your wins happened?

How did tracking wins affect your energy, mood, or motivation?

Progress doesn't need to be loud, just real.
One win a day is enough to build momentum.

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