



Micro Wins Tracker

Small shifts matter. This is where I count the reps they won't see—but I'll feel. Let's log the progress hiding in plain sight.

Date: _____ Weather: _____ Attitude: A.M. _____ P.M. _____

1. What was one thing I handled just a little better today? _____

2. Where did I pause before reacting, and how did it change the outcome? _____

3. What habit or reflex felt slightly easier to manage today? _____

4. Did I notice a tiny moment of self-kindness or self-trust? _____

5. What belief showed up as a whisper instead of a scream? _____

6. Who or what helped me stay in this version of myself? _____

7. Was there a moment that felt 1% more aligned? _____

8. Did I recover from a slip faster than usual? _____

9. What didn't knock me down today that usually would? _____

10. What's the one micro win I want to replicate tomorrow? _____
