



Victory Lap: Landed a Win

Not every day sucks. Today felt good. Let's figure out why it worked, so it's not a fluke.

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

1. Did I take a moment to really feel today's win? Yes No

2. Did I recognize how far I've come, even in the small stuff? Yes No

3. Was I proud of how I handled myself? Yes No

4. What belief showed up that helped make today possible? _____

5. Who helped me rise—and did I let them know? _____

6. What did I do today that the old me would've avoided? Yes No

7. Did I celebrate—or downplay it out of habit? Yes No

8. What lesson or habit from today is worth repeating? _____

9. What part of me felt strong, steady, and clear? _____

10. How can I carry this momentum into tomorrow? _____
