



ACKNOWLEDGE YOUR QUIET ACHIEVEMENTS

This sheet helps you recognize and affirm your unseen efforts.

- 1 Identify one hard thing you did today that no one saw.
- 2 Write it down: what it was, what it cost you, and that you did it.
- 3 Say it out loud: "I did that."
- 4 Repeat this practice daily to build self-recognition.
- 5 Notice how this acknowledgment changes your motivation.

MAKE IT YOURS

My one move this week: _____

When and where, exactly: _____

My witness (one person I told): _____

I showed up:

☐

MON

☐

TUE

☐

WED

☐

THU

☐

FRI

☐

SAT

☐

SUN

What I noticed this week:

Confirm your work — every time, whether anyone's watching or not.