



START YOUR DONE LIST TODAY

This sheet helps you track and celebrate your unseen efforts.

- 1** Write down one hard thing you did today that went unnoticed.
- 2** Reflect on how this effort contributes to your bigger goals.
- 3** At the end of the week, review your list and celebrate your progress.
- 4** Use your list to identify patterns and areas for improvement.
- 5** Keep adding to your list daily to build momentum.

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

MON

TUE

WED

THU

FRI

SAT

SUN

What I noticed this week:

Your unseen efforts are real and they count.