



SHARE YOUR WINS

Use this sheet to guide your sharing process.

- 1** Pick one person to share your win with.
- 2** Write down your small win to clarify it.
- 3** Send a text or message tonight.
- 4** Ask for their thoughts or support.
- 5** Repeat this weekly 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

MON

TUE

TUE

WED

WED

THU

THU

FRI

FRI

SAT

SAT

SUN

SUN

What I noticed this week:

Small wins that get witnessed become the habit of winning.