Small Wins Log

Companion to "Small Wins"

ONE LINE A DAY

HOW TO USE THIS SHEET

1. Write the goal, then choose a scale that can actually register your progress: sessions done, pages written, conversations held, not the distant total.
2. Each day, write one small win, however small. A written record catches what memory drops.
3. Keep the big goal mostly to yourself: announcing it can feel like having done it.

THE GOAL

THE HUMAN-SIZED SCALE I TRACK IT ON

	Date	Today's small win one line	On the scale number
DAY 1			
DAY 2			
DAY 3			
DAY 4			
DAY 5			
DAY 6			
DAY 7			
DAY 8			
DAY 9			
DAY 10			
DAY 11			
DAY 12			
DAY 13			
DAY 14			