

## Daily Wins Tracker

Because some days, brushing your teeth is the win. This simple tracker is here to help you notice and celebrate the small victories - they matter more than you think.

This isn't about productivity - it's about presence.  
Proof that even on the hardest days, you're still moving forward.



**How it works:** You can jot down a daily “win.” Big or small, it counts.

Examples might include:

- ◆ Took a shower
- ◆ Asked for help
- ◆ Made it to treatment
- ◆ Took a nap
- ◆ Sent a text
- ◆ Said “no” to something
- ◆ Laughed out loud
- ◆ Ate something nourishing
- ◆ Said something kind to myself



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