

SMALL WINS TROPHY SHELF

Keep track of small successes

When you're used to expecting failure, it can be hard to give yourself much credit for things that don't feel like "big" wins.

You're not alone. Many folks fall into the (sad) habit of letting small successes get overshadowed by guilt and shame from minor setbacks.

For whatever reason, humans are extremely good at remembering all the times we've fucked up, but not so good at keeping track of the things we actually did right.

Use the following pages to keep a record of the little things you did get right; especially if it's something you'd been avoiding.

Finally made a doctor's appointment? Add it to the list. Cooked lunch at home instead of ordering food delivery for the fourth day in a row? List.

Other examples:

- Put away laundry the day it was done (instead of letting it waste away in the hamper)
- Raised my freelance hourly rate
- Finished a video game



Give yourself credit for what you DO get done instead of just shaming yourself for what you don't!







