CHECKLIST · PERSONAL DEVELOPMENT

FREE PREVIEW

Tracking Your Wins

Tracking wins boosts motivation and highlights progress. Use this checklist to celebrate achievements, big and small.

8 steps | Print-ready A4



NAME	START	TARGET DATE

1 Choose a Tracking Method

Use a journal, app, or visual board to record your wins consistently.

EXAMPLE *Write in a dedicated "wins" journal each evening or use a notes app on your phone.*

2 Define What Counts as a Win

Include both big achievements, like completing a major project, and small milestones, like waking up early.

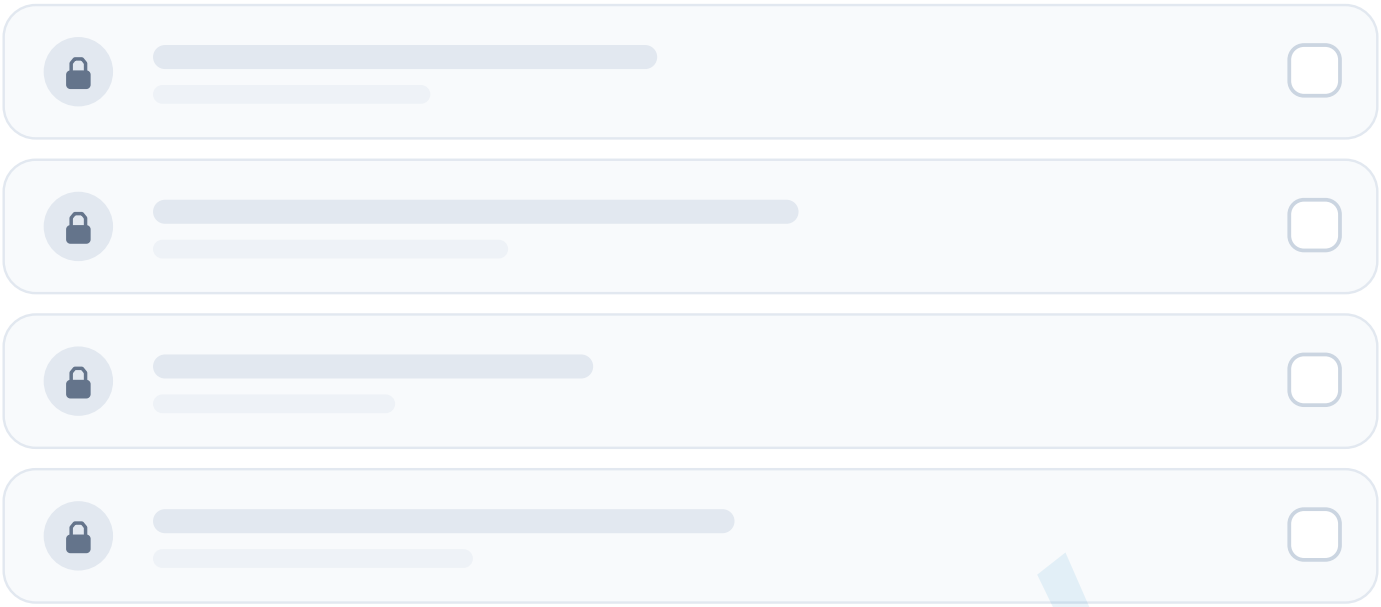
EXAMPLE *"Finishing a report ahead of schedule" or "Sticking to my exercise routine for three days in a row."*

3 Record Wins Daily

Make it a habit to reflect on and note your successes at the end of each day.

TIP *Include details about how you felt, what you learned, and what contributed to your success.*

PREVIEW



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