

Small Wins Worth Counting

Write down the things you did that your mind would otherwise throw away.

WHEN TO USE THIS

Use this at the end of the day, or at the end of a week that felt like nothing.

Six things you did, however small. Getting dressed counts.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Which one took the most out of you? Say why.

How much credit do you usually give yourself for these?

0	1	2	3	4	5	6	7	8	9	10
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None

A fair amount

Pick one to say out loud to yourself, in plain words. Write it here.

I got up and I ate something and that was hard today.

A low mood keeps a short list of what counts. This is you keeping a longer one.