



FREE PRACTICAL TOOL

A Small Wins Journal

A simple daily practice for noticing effort, care, and progress when life feels heavy.

Start here

- 1 Write one thing you did today, even if it felt small.
- 2 Name one moment that was hard and how you got through it.
- 3 Notice one person, place, or practice that helped.
- 4 Choose one gentle intention for tomorrow, not a demand.

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