



FREE ONE-PAGE TOOL 23 | REFLECTION

A Win That Counts

Progress can be quiet. A small action still counts, especially on a hard day.

1 Notice the action

What did you do, even if nobody else saw it?

2 Name the effort

What did that action ask of you?

3 Let it be enough

You do not have to add another task to make the win real.

A phrase you can borrow

"Today I [action]. It mattered because [reason]."

Make it yours

One small thing I want to remember:

This free sheet offers education and peer support, not individualized medical, mental-health, legal, or safety advice. If you are in immediate danger in the U.S., call 911. For crisis support, call or text 988. If someone may monitor your device, consider a safer way to access this resource.

Learn more: samhsa.gov/mental-health/trauma-violence/trauma-informed-approaches-programs