

Small Daily Social Wins Tracker

Celebrate effort, not perfection. Check off one small social win each day.

Day	Social Win	✓
Monday	_____	■
Tuesday	_____	■
Wednesday	_____	■
Thursday	_____	■
Friday	_____	■
Saturday	_____	■
Sunday	_____	■
Weekly Reflection:	I'm proud that I... _____	
Next Small Goal:	_____	