

MENTAL & EMOTIONAL

SMALL WINS

THE 30-DAY SMALL WINS TRACKER

THE PROBLEM

Big goals become easy to abandon when today's action is unclear and slow progress stays invisible.

1 SHRINK THE GOAL

Reduce the goal until today's action fits inside ten honest minutes.

THE BIG GOAL: _____

MY 10-MINUTE ACTION: _____

DONE TODAY LOOKS LIKE: _____

MAKE THE START TOO SMALL TO FEAR.

2 ATTACH THE HABIT

Connect the new action to a routine that already happens.

AFTER I: _____

I WILL: _____

AT / IN: _____

BACKUP TIME: _____

3 SEE THE MOMENTUM

Track completion, not perfection, and decide how you will restart.

☐ Mark every completed day

☐ Count weekly totals

☐ Celebrate one milestone

IF I MISS, I RESTART: _____

REWARD AT DAY: _____

THE 30-DAY SMALL WINS TRACKER

Mark one box each day you complete the ten-minute action. Missing is not quitting.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30

WHO CAN HELP?

Wellness program, gym, employer, productivity coach, counselor, app, or planner provider.

BRING THIS TOOL
TO THE CONVERSATION.

SMALL ENOUGH TO DO. STRONG ENOUGH TO COUNT.

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General educational worksheet only. It is not a diagnosis or a substitute for professional mental-health care.