



Small Victories List

Please fill this sheet in at the end of every day. This exercise helps you to recognise the things you manage, the strengths you possess, the times you cope, the things you survive, your successes and achievements, and the steps you take towards your goals. Taking the time to purposefully remember these things will help you learn how to automatically pay attention to them as you move through your daily life.

Date Started: _____

Day & Date	<p align="center">Write down all of your small victories for the day.</p> <p align="center">A small victory is any thing, however small, that you achieved or did well, any time you noticed yourself coping with something, every time you interacted well, absolutely everything and anything that represents a moment that you managed in your day.</p>	
Mon _____		
Tues _____		
Wed _____		
Thurs _____		
Fri _____		
Sat _____		
Sun _____		