

Beaming Bernie Small Wins Tracker

One moment of progress at a time

WINS SECTION

What small win am I celebrating?

What tiny action did I take today? (No achievement too small!)
Complete a line each day — reflect weekly on your wins!

GROUNDING SECTION

If I was feeling stressed or stuck, I looked after myself doing what worked best for me in the moment:

Breathing deeply (in for 4, out for 6) | Stretching gently | Stepping outside | Sipping water | Speaking kindly to Myself

WEEKLY CELEBRATION

One thing I'm truly proud of this week:

