

# Today's Wins.

Decorate or check off the icons. Add a date if you want to keep a record..



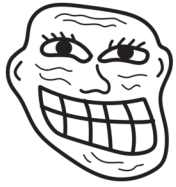
I tidied a space.



Freebie

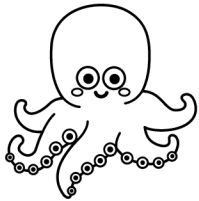
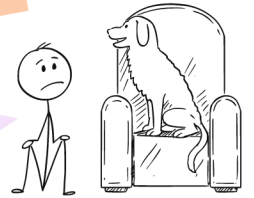


I prepared a healthy meal.



I dealt with a piece of mail, a text or a phone call.

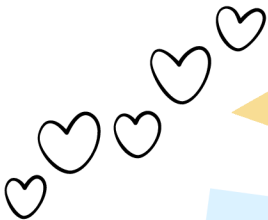
I put something away after using it.



I slept 7 hours.

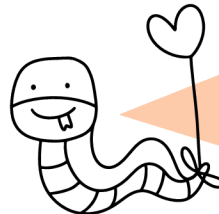


I was careful with money.



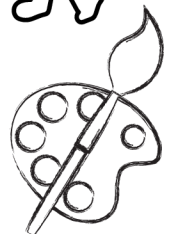
I arrived somewhere or completed something on time.

I drank water.



I got dressed.

Three long, empty arrow-shaped boxes for writing additional wins.



I brushed my teeth twice.

**YOU CAN  
DO IT!**