

ONE WIN TODAY

Recovery is built one day at a time. One win at a time. Name it, own it, and let it compound.

NAME THE WIN

One win. Doesn't matter how small. It happened — own it.

The win I had today:

What I did to make it happen:

How it made me feel:

WHY THIS WIN MATTERS

Don't brush past it. Name why this moment counts.

Why this win matters:

What it proves about the man I'm becoming:

Who else benefits when I win like this:

BUILD ON IT

Momentum is built rep by rep. What's next?

Tomorrow I'll stack on this by:

The pattern I'm starting to see in my wins:

Growth lives on the other side of action.