

WEEKLY VICTORY LOG

A weekly victory log trains your mind to notice growth instead of only pressure and setbacks. It builds perspective, reinforces discipline, and gives you proof you are moving forward.

THIS WEEK'S WINS

They don't need to be huge. Progress counts. Maybe you kept a promise, handled pressure better, or followed through when it would have been easier not to.

Win 1:

Win 2:

Win 3:

Win 4:

Win 5:

WHAT STANDS OUT

Of everything above, one win matters most. Find it and name why.

The win that stands out most this week:

Why this win matters:

What it proves about my growth:

CARRY IT FORWARD

Growth is happening even when it feels slow. What does this week tell you about where you're heading?

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

What I'll focus on protecting next week:

The version of me that's emerging:

Growth lives on the other side of action.