

Diary template

Use this diary to kick start your weekly wins tracker, by noting down all your little victories.



Date	What did you do?	Who did you do it for?	How did it make you feel?	What might you do next time?
e.g. Tues 2 nd Sept	e.g. I got up 15 minutes earlier to make toast for my family's breakfast	e.g. Mum, Dad and my brother	e.g. Everyone was surprised and really grateful, so it made me feel fantastic	e.g. I could help Mum prepare the vegetables for dinner

