

# Little Wins & Big Wins

## Little Win = 1 point

Quick, low effort. Under 15 minutes.  
Teeth, shower, make bed, medication,  
empty dishwasher — the daily basics.

## Big Win = 5 points

Takes real time & energy. 15-20+ mins.  
Walk the dog, write a proposal, clean  
the bathroom. Keep to 1-3 per day.

Day / Date: \_\_\_\_\_

TOTAL: \_\_\_\_\_

## Little Wins

Score: \_\_\_\_\_

Fill or tick each circle when done — pen or click on screen

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## Big Wins

Score: \_\_\_\_\_

Fill or tick each circle when done — pen or click on screen

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