

Today's 3 Wins — Weekly Reflection Sheet

Recovery from a difficult experience often happens through small steps. Recording three small wins each day can help rebuild confidence, focus, and momentum.

<p>Sunday</p> <p><i>“Recovery begins the moment you decide your story is not over.”</i></p> <p>Win 1: _____</p> <p>Win 2: _____</p> <p>Win 3: _____</p>	<p>Monday</p> <p><i>“Progress is built from small steps repeated with patience.”</i></p> <p>Win 1: _____</p> <p>Win 2: _____</p> <p>Win 3: _____</p>
<p>Tuesday</p> <p><i>“Learning from hardship is a form of strength.”</i></p> <p>Win 1: _____</p> <p>Win 2: _____</p> <p>Win 3: _____</p>	<p>Wednesday</p> <p><i>“Every action toward clarity is a win.”</i></p> <p>Win 1: _____</p> <p>Win 2: _____</p> <p>Win 3: _____</p>
<p>Thursday</p> <p><i>“Understanding what happened is part of regaining control.”</i></p> <p>Win 1: _____</p> <p>Win 2: _____</p> <p>Win 3: _____</p>	<p>Friday</p> <p><i>“Your future is not defined by a scam or a mistake.”</i></p> <p>Win 1: _____</p> <p>Win 2: _____</p> <p>Win 3: _____</p>
<p>Saturday</p> <p><i>“Resilience grows when we recognize our progress.”</i></p> <p>Win 1: _____</p> <p>Win 2: _____</p> <p>Win 3: _____</p>	<p>Weekly Reflection</p> <p>One thing I learned this week:</p> <p>_____</p> <p>One step I took toward recovery:</p> <p>_____</p> <p>One thing I will do next week:</p> <p>_____</p>