

Micro-Wins Tracker

Celebrate the small steps forward—they lead to big changes.

Daily Micro-Wins Log

Date: _____

1. **Micro-win of the day:** *(What small step did you take to move forward?)*
2. **What inspired this action?** *(E.g., a feeling, a situation, or a choice you made)*
3. **How did it feel to take this step?** *(E.g., empowering, calming, surprising)*

Trigger Awareness Checklist

What led me to want to play today?

- ☐ Stress or a tough emotion
- ☐ Habit or routine
- ☐ Feeling bored or unfulfilled
- ☐ Chasing a prior win or loss
- ☐ Other: _____

What was my first thought when the urge hit?

How did I respond?

What would I like to do differently next time?

Motivation & Encouragement

- **A mantra I'm embracing this week:** *(E.g., "Small wins lead to big progress.")*
- **One thing I'm proud of today:**

Weekly Wrap-Up (Review & Reflect)

1. **A recurring trigger I noticed this week:**
2. **A micro-win I'm most proud of:**
3. **How I'll build on this progress next week:**