

My Wins



30 small steps. No dates. No streaks. No rules.
Every time you pull a card and try the step — that's a win. Mark it here.

How This Works

This isn't a habit tracker. There are no daily boxes. No streaks to break. No "X out of 30" goal to fail at. Each row is just one win — whenever it happens. Fill them in your own time. One win today, three next week, none for a month, then five in a day. Whatever your brain gives you.

When you fill the page, you've stacked 30 real moments of follow-through. That's not nothing — that's evidence.

#	Pulled	Tried	What worked?	#	Pulled	Tried	What worked?
1	☐	☐	_____	16	☐	☐	_____
2	☐	☐	_____	17	☐	☐	_____
3	☐	☐	_____	18	☐	☐	_____
4	☐	☐	_____	19	☐	☐	_____
5	☐	☐	_____	20	☐	☐	_____
6	☐	☐	_____	21	☐	☐	_____
7	☐	☐	_____	22	☐	☐	_____
8	☐	☐	_____	23	☐	☐	_____
9	☐	☐	_____	24	☐	☐	_____
10	☐	☐	_____	25	☐	☐	_____
11	☐	☐	_____	26	☐	☐	_____
12	☐	☐	_____	27	☐	☐	_____
13	☐	☐	_____	28	☐	☐	_____
14	☐	☐	_____	29	☐	☐	_____
15	☐	☐	_____	30	☐	☐	_____

When You Fill the Page

- Take a picture of it — that's your before/after evidence
- Tag @thefocusedself if you want to share (totally optional)
- Print a fresh one whenever you're ready for the next 30

The Real Rule: There is no "should." Every checkmark is a win. Every empty row is fine. Come back when you come back.