



This Week's Small Wins



This week, let's notice what's going right.
Even the smallest things count.

MON



Something my child did today...

(sat longer / responded once / tried something new)

TUE



Today felt...

- ☐ A little tough ☐ A little better ☐ A good day
☐ Something else: _____

WED



Something I handled well today...

(stayed calm / gave time / didn't rush)

THU



A small moment that made me smile...

(eye contact / response / shared activity)

FRI



What helped today the most?

- ☐ Patience ☐ Giving time ☐ Repeating calmly
☐ Something else: _____

SAT



Something I want to try again...

SUN



Looking back at this week...

one small win I don't want to forget:



Small steps, repeated every day, create real change.

