

Mind
Over *Muffin*
by Leanne Lisbon

SUCCESS

TRACK YOUR WINS

My Success Tracker

Use this space to track your success every week. You can write something every day if you wish. Being aware of your wins and actually acknowledging them is a really powerful process, keeping this list and being able to see them every day is going to help keep you in a positive state and associated with just how well you are doing. Celebrate all the wins big and small.

My Win/Success	Why I'm Proud Of Myself

