

# TINY WINS STILL COUNT



Celebrating progress, effort, and small victories

Big or small, every win matters.  
 You are doing better than you think.  
 Be proud of how far you've come.



**Things I managed today** 

Even the small things can be big wins.

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**Something hard I got through** 

I showed strength and resilience.

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**Ways I took care of myself** 

I deserve care, rest and kindness.

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**Effort still counts** 

I don't have to be perfect for my effort to matter.

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**Rest can be a win too** 

Resting is productive. I am allowed to slow down.

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**Small progress is still progress** 

Every step forward, no matter how tiny, still moves me ahead.

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 **GENTLE REMINDERS** 

 Surviving hard days counts too.  Progress is not always visible.  You do not have to earn rest.  Tiny wins are still real wins.  You are doing your best.   

 YOU MATTER. YOUR EFFORT MATTERS. YOUR WINS MATTER. 

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## THINGS I MANAGED TODAY

Even the small things can be big wins.

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## SOMETHING HARD I GOT THROUGH

I showed strength and resilience.

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## WAYS I TOOK CARE OF MYSELF

I deserve care, rest and kindness.

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## EFFORT STILL COUNTS

I don't have to be perfect for my effort to matter.

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## REST CAN BE A WIN TOO

Resting is productive. I am allowed to slow down.

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## SMALL PROGRESS IS STILL PROGRESS

Every step forward, no matter how tiny, still moves me ahead.

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