

Hello there!

This win tracker is designed to help you build a self-reflection habit that supports you in your personal and professional journey.

Emotional benefits of this practice:

- Boost self-esteem
- Fuel your momentum and motivation
- Increase self-efficacy

Practical benefits of this practice:

- Tangible tool that reflects the steps you've taken and progress you've made
- List of challenges you've overcome and strengths that were shown
- Accurate resource for performance review or job interview preparation

Benefits of keeping track of your wins apply both personally and professionally. This practice will boost your confidence and increase your intrinsic motivation by providing a visual to refer back to on days you may second guess your progress. It will also train your brain to recognize and celebrate small steps in your journey, which helps to keep momentum going. Additionally, you can use your win tracker when preparing for an interview, performance review, networking event, or updating your resume. By logging each win toward any goal, you have a clear picture already painted to show the steps you took and the challenges you overcame along the way.

Want to dive deeper?

Schedule a free call to discover how coaching can support you in achieving your personal and professional goals.

www.motivationwithmaggy.com/contact-me



@MOTIVATIONWITHMAGGY
WWW.MOTIVATIONWITHMAGGY.COM

Win Tracker

Set up your reflective practice by answering the below questions. There are no right or wrong answers, this exercise is all about you and your truth. The key is to be honest with yourself.

What is my definition of a win?:

How frequently will I be reflecting on my wins?:

What will I use this win tracker for? (Think of specific goals):

Feel free to customize! I am providing a basic framework of what a win tracker can look like, but I encourage you to get creative and find what works for you. You may use this exact PDF, create your own version, make a spreadsheet, dedicate a special journal, etc. Do whatever resonates with you!



Win Tracker

DATE

WIN

WHAT MAKES THIS
IMPORTANT?

