

WEEK 5

Celebrating Small Shifts

What's Inside

HOMEWORK (Simple + Powerful)

1. The “3 Small Wins” List

Tonight, write down:

- 3 small wins you had today
(Examples: drank water, replied to an email, didn't snooze, took a breath before reacting.)
- Repeat this for 7 days - every day write down 3 wins you had

2. Micro-Celebration

Each time you experience a small win tomorrow, you **MUST** perform one tiny celebration:

- Smile
- Say “Good job”
- Do a mini fist pump
- Put your hand over your heart
Pick just **one** to repeat all day.
- Or come up with a small celebration for yourself. Pace yourself, you have 7 days worth to plan.

3. Evidence List Challenge

For the next 7 days, create a list called:

“Evidence That I’m Changing.”

Add **one small shift** to it each day you have made.

Love Tip



You can also build your self-care list of things you like to do for yourself. Remember - Self-Care is an action of Self-Love. Just like we need to know about a job well done from a boss, we need to do it for ourselves.