

ACCOMPLISHMENTS are daily ACTIONS taken towards your WANTED reality. Accomplishments require **energy** and **time**, and each day we give both away without awareness and understanding of the impact it has on us. **REMINDING** the self of the actions **COMPLETED** will help you **CHANGE** the way you view your daily progress. It may **FEEL** like you did nothing but if you write the accomplishments down you will **SEE** the reality is different.

**WRITE IT DOWN!!!!!!**

ACCOMPLISHMENTS - Write down 10 ACTIONS taken today.
1. Woke up 6:30AM ( the time I set)
2. Self care ( hygiene / stretch)
3. Play with my dog
4. Make my bed
5. Communicated with 5 humans
6. Dropped my kids off at school
7. Filled my gas tank up
8. Ordered food
9. Reviewed and rearranged my schedules
10. Made it to the event

*Mental Health*



**THE SMALLEST STEPS  
CREATE THE GREATEST  
VICTORIES.**