

■ Positive Phil — 4-Page Small Wins Planner & Celebration Journal

Welcome to your *Positive Phil Small Wins Journal*! This 4-page guided workbook helps you focus, plan, and celebrate your daily and weekly progress — one small win at a time. Each section builds your momentum, gratitude, and confidence in the process of growth.



■■ PAGE 1 — Setting Your Intention

Every great week starts with clarity. Choose one main theme or mindset that will guide your focus this week.

Date / Week:	
Focus Area:	
ntention Statement:	
op 3 Priorities:	

■ *Tip:* Keep it simple. Focus on one thing that truly matters this week.



■ PAGE 2 — Planning Small Wins

Break your focus into small, actionable steps. These should be easy wins that bring satisfaction and momentum.

#	Small Win to Aim For	Why It Matters / Impact	
1			
2			
3			
4			
5			

■ *Remember:* Small actions lead to big change. Celebrate consistency, not perfection.



■ PAGE 3 — Reflection & Growth

Take a few minutes to reflect on your small wins. What worked, what surprised you, and what did you learn?

#	What I Did	How It Felt / What I Learned	
1			
2			
3			
4			
5			

■ Reflection Prompts: - What am I proud of today? - Which small action made the biggest impact? - What did I learn from any challenges? - How can I carry this mindset into tomorrow?



■ PAGE 4 — Celebration & Motivation

Celebration is where growth becomes joy. Recognize your effort, not just the result. Create small rituals that remind you that showing up is success in itself.

My Celebration Rituals:			

■ Momentum Tracker

Mark a circle for every win you complete this week:

■ End-of-Week Reflection:

What did this week teach me about resilience, joy, or consistency? How can I amplify what's working and adjust what's not?

■ You don't need to be perfect — just keep showing up for yourself.