



■ 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: _____

Intention Statement: _____

Top 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?

