



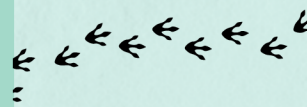
# Small Wins Weekly Reset

*A checklist for slow starts, tiny wins, and emotionally drained weeks.*



## 🚫 How I'm Arriving Today

- Drained from the week
- Overwhelmed
- Stuck in bed-nest mode
- Emotionally fried from work
- Okay-ish
- A little hopeful
- Other: \_\_\_\_\_



## 📋 Checklist:

- Pick up one sock
- Take a cup to the kitchen
- Throw away one piece of trash
- Move laundry to the next stage
- Put one item back where it belongs
- Wipe one small surface
- Start the washer or dishwasher
- Carry something to the room it belongs in
- Open a window for 2 minutes
- Drink a few sips of water
- Put on clean socks
- Take meds/vitamins
- Send one message or reply
- Sit up and stretch
- Make the bed a little
- Choose one "future me will appreciate this" action



## 🌟 Momentum Sparks Checklist:

- I did one thing
- Then I did another thing
- I felt a little lighter
- I didn't fix everything, but I shifted something
- Today's win: \_\_\_\_\_

What helped me get started?

## Notes From This Week

What felt too heavy today?

What tiny win am I proud of?

What can wait until later?

