

The Daily Victories Journal

Starter · three lines each evening

Each evening, write three lines. Three things you did today that took a flicker of effort, courage, or a conscious choice. Keep each one short and concrete.

THREE RULES use paper · keep it private · do it daily, at a fixed time

Stuck at a blank page? Your three lines can come from a small conscious choice, an act of courage, or simply getting through a hard day.

YOUR FIRST WEEK

Day 1 Date

- 1
- 2
- 3

Day 2 Date

- 1
- 2
- 3

Day 3 Date

- 1
- 2
- 3

Day 4 Date

- 1
- 2
- 3

Day 5 Date

- 1
- 2
- 3

Day 6 Date

- 1
- 2
- 3

Day 7 Date

- 1
- 2
- 3

On a hard day, one line counts. If things feel too heavy, please reach someone you trust or a professional.