

Daily Wins Log for Writing

***Note: To create the most momentum in your work, do this exercise for at least three weeks in a row.*

Date:

1. Things I did today that helped my research and writing

(Instructions: at the end of your work day, list out everything—even the very smallest things you accomplished in service to your own work, including decisions you made)

2. Short reflection (choose one prompt and write 1-2 sentences)

- Which of these tasks made me feel pride, relief, and/or more connected to my work?
- What small thing from today deserves more credit than I'd usually give it?
- What's one way that my work today shows I'm moving forward in my research and writing?

Weekly Check-In (at the end of each week, do the following):

- Skim all of my entries from the week.
- Write a short reflection about patterns you notice about what you actually did this week and what deserves acknowledgement and/or celebration.