

### Victory & Setback Reflection (Fillable)

**Purpose:** To celebrate wins and learn from challenges without judgment.

Field	How to Fill It Out
<b>Date</b>	The day you're reflecting on.
<b>Victory or Setback</b>	Clearly state which one you're writing about.
<b>What Happened?</b>	Describe the event or choice. Be specific.
<b>Why?</b>	Explore the reason—Habit? Stress? Intentional choice? Support from someone?
<b>Next Steps</b>	What will you do differently or continue doing? Set an intention.

[illegible]