



Front-Row Wins Journal

By Marilyn Sherman

Capture Your Wins. Celebrate Your Progress.

Train Your Brain for Positivity.

How to Use This Journal

- Daily Commitment: Write down at least one win each day.
- Define Your Own Wins: Big or small, progress is progress. YOU decide what counts.
- Reread Often: Review your wins when you're feeling discouraged, stuck, or just need a boost.
- Build the Habit: Watch how your mindset shifts when you train your brain to seek success.

Weekly Wins Snapshot

Start each week with intention, end each week with celebration.

Week of _____

<u>Day</u>	<u>Today's Win (Big or Small)</u>	<u>What This Win Says About Me (Optional Reflection)</u>
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		