

Victory List

Month ___ Year ___

To set up your Victory List: write short-term daily goals in the left column.

To use your Victory List: every morning ask yourself if you achieved your goal the day before. If you did, draw a big smiley face under the corresponding day of the week and congratulate yourself on your victory! Reward yourself at the end of each week if you got a certain number of smiley faces (for example, 80%).

Daily Goal	Mon	Tues	Wed	Thurs	Fri	Sat	Sun

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