

Quick Wins Worksheet

This worksheet is for those nights when you're spiraling and can't handle anything big. Just pick one. Then maybe another. Small wins build momentum.

■ 5-Minute Wins:

- Organize one small drawer or surface
- Delete 10 emails from your inbox
- Write down 3 things you're grateful for
- Drink a full glass of water
- Take 10 slow, deep breaths

■ 15-Minute Wins:

- Clear out one shelf or cabinet
- Make a simple plan for tomorrow
- Do 5 gentle stretches or walk outside
- Write one paragraph in a journal
- Wash dishes or wipe down a surface

■ 30-Minute Wins:

- Apply for one job or gig
- Research one local resource or support service
- Create a basic weekly meal plan
- Clean out your car or a closet
- Watch or listen to one motivating podcast episode

■ Remind Yourself:

- I don't have to fix everything tonight.
- One small action is enough.
- Survival is still progress.