

SMALL WINS

A simple reflection sheet for the days when survival, rest, asking for help, or showing up is the achievement

Why this sheet exists

Cancer can shrink the measure of a day.

The things that once looked ordinary can become the whole task: getting dressed, eating, answering one message, going to treatment, resting before the crash, or admitting that today is hard.

This is not forced gratitude. It is a place to notice what counted.

Today

Today was difficult because

My body needed

My mind needed

One thing I managed

One thing I stopped carrying

One person or thing that helped

Today's small win

It may have been

- ☐ I got out of bed
- ☐ I ate something
- ☐ I took medication as directed
- ☐ I asked a question
- ☐ I said no
- ☐ I answered one message
- ☐ I stopped before the crash

- ☐ I rested
- ☐ I drank water
- ☐ I went to the appointment
- ☐ I told the truth
- ☐ I asked for help
- ☐ I did something ordinary
- ☐ I made it through the day

What did it cost?

Energy

Pain or discomfort

Concentration

Emotional effort

Recovery time

What I need now

What can wait?

A kinder sentence

I did what I could with the body, energy, information, and support I had today.

Tomorrow only needs

One necessary thing

One gentle thing

One thing I can ask for

One thing I can leave

One boundary I may need

One reason to stop judging today

Keep this line

Sometimes just being there, exactly as you are, is all the strength available.

And it still counts.

**No performance. No forced positivity.
Just a record of what counted.**

Version 1.0 | Free Support Library | Not medical advice