



Daily Accomplishment Tracker

This tool is your starter kit for changing the conversation in your head. It is your first baby step in self-care. Find a place to include it in your daily routine. I do mine first thing in the morning but its effectiveness is dependent consistency – doing it daily, not on the time of day.

You accomplish hundreds of things every day but your mind and your mean girl focus on the things left undone. By reminding your mind of what you HAVE accomplished, you give your mind evidence (remember it likes patterns and efficiency) that you can truly change.

Each entry has three sections:

A: Accomplishment	What did you make happen today?
R: Reason	Why was that important?
S: Skill	What skill did you use to accomplish it?

EXAMPLE:

A: I said yes to an invitation for movie night with friends.

R: People and connection are always a priority for me.

S: Living in the moment, community, vulnerability (aka showing myself to people)

EXAMPLE 2:

A: I gave myself space to process the emotion I was feeling.

R: I am learning the skill of feeling my emotions so I don't need to eat them.

S: honoring myself, compassion, awareness

EXAMPLE 3:

A: I cooked (my favorite dish) for myself.

R: I am worthy of the effort, creativity and time required to cook whole foods for myself.

S: investment, self-esteem, present moment functioning

Daily Accomplishment Tracker

A:

R:

S:

A:

R:

S:

A:

R:

S:
