



My Win
Tracker
2026

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This win tracker belongs to:

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Your Brain Is Lying to You

Welcome to your winning year, 2026.

If you're reading this, chances are you're an overachiever who somehow still feels like they're never doing *enough*. You could cross off 99 things from your to-do list today, but if that 100th one slips? Ouh la la. Best believe your brain will let you know.

"YOU. FAILED."

Here's the truth though: your brain is kind of a dick. Not on purpose — more like a prehistoric safety mechanism gone rogue. Its main job is to spot threats and avoid risk. Which means it's brilliant at scanning for the negative stuff... but practically useless when it's time to acknowledge your achievements. It's not personal. It's called negativity bias.

You probably know this already — but let's prove it.

Look around the room you're in. Count as many red things as you can find.

Got 'em?

Cool. Now tell me — how many green things did you count?

Exactly. That's your brain's bias in action: it spots what it's meant to look for, and filters out the rest.

So here's what we're doing in 2026: we're rewiring that sneaky lizard brain of yours. Over the next 12 months, you'll teach it to scan for the positive instead of the negative — to notice what's working, what's growing, and how much goodness there already is.

Because you *are* doing enough (unless you aren't — but let's save that for a later tool). You just need your brain to catch up — to update its narrative so you can finally see what's been true all along: you have every reason to trust yourself. And then some.

Build Confidence

Track Evidence

Confidence is knowing your worth, trusting your choices, and acting despite fear or doubt. Yes — not

without it, but *with* it. Confidence is not built by thinking about it, reading about it, or watching endless YouTube videos about it.

Confidence is built by *doing* — and proving it to yourself, over and over.

That's what this Win Tracker is all about: act, track, prove. Day after day after day.

Over time, you'll notice your confidence growing — you'll feel better about yourself and trust your instincts, your choices, your actions, and your voice. By the end of the year, my wish is that you'll have 365 days of evidence proving you're nothing short of a badass in motion — a fully rehabilitated, recovered member of the Ex-Self-Doubters Anonymous.

How to Use the Win Tracker

Choose Your Weekly Focus

Set your intentions every week. This keeps you centered and moving on purpose.

Choose 1 to 3 focus areas for that week:

- ✦ **Self:** your spiritual, mental and physical well-being
- ✦ **Mission/Purpose:** anything tied to your calling
- ✦ **Work/Career:** your daily craft or job (and if that happens to be your purpose — go off! One less area to worry about)
- ✦ **Love/Relationship:** your significant other, romantic life or partnership
- ✦ **Family/Home:** the people and space you nurture
- ✦ **Friendship:** your inner circle, your tribe, your ride-or-dies
- ✦ **Social/Community:** your extended network, service, or contributions

Next, set three goals tied to your focus areas. If you're focusing on your relationship that week, one goal might be to be more present with your partner. If your focus is your mission or purpose, one goal could be to research a specific topic or take a concrete step toward it.

Then, think ahead: what challenges might pop up in the week — and how will you handle them when they do?

Example:

Possible challenge(s) to overcome: I might get distracted by all the demands at work.

Coping strategy: Take a deep breath. Come back to center. Set a boundary.

As simple as that.

Before we go any further, let's take a look at what realistic goal-setting look like.

Set Achievable Goals

You will be asked to set 3 weekly goals, as well as your daily intentions each morning. These don't have to be grand and life-altering — in fact, I strongly advise against it. The whole point of the Win Tracker is to track your daily *wins*, not the big, out-of-reach goals you'll probably fall short on.

Start where you are. Set small, controllable goals that you can actually achieve. Emphasis on *controllable*. For example:

- ✗ "Gain 500 followers on TikTok" → not in your control; depends on way too many outside factors.
- ✓ "Post 2 times this week on TikTok" → fully within your reach; realistic.

Or

- ✗ "Lose 30 pounds" → this metric is not fully in your control.
- ✓ "Work out 3 times this week" → something you can actually do.

See the difference? These are the goals you want to focus on.

Log Your Daily Wins

Every morning, write down your intentions for the day. Again, start where you are — and do so without judgment. If you wake up ready to take on the world, your intentions might look like:

- ◆ Go for a 30-minute jog
- ◆ Clean the whole house
- ◆ Write 5 pages of my book
- ◆ Post on TikTok

On tougher days, when just showing up feels like a stretch, your intentions might be as humble as:

- ◆ Get out of bed
- ◆ Take a shower

The point is to win the day, every day — no matter how big or small the achievement(s). Over time, you'll likely notice you can do more and more, and it starts to feel easier and easier.

Review Your Progress

Personal growth can be hard to notice day by day. But when you look back weeks or months later, it's much easier to see how far you've come — kind of like noticing how much a tree has grown.

To help with this, you'll do a small weekly review each week, a monthly review at the end of each month, and a year-end review to track your progress and celebrate how much you've accomplished.

Take it seriously, yes — but more importantly, have fun with it. This is your evidence of growth, and it's worth celebrating every step. Plus, let's be honest: it's always nice to have an excuse to celebrate, right?

Do It Your Way

Finally, this is *your* Win Tracker. There is no right or wrong way to complete it. If writing down your goal in the morning isn't your thing, simply show up at the end of the day and log your win(s). If you don't feel like investing time in your weekly review; skip it, or do it only when it feels aligned. If you miss a day, don't sweat it — life happens. If you can, recall even the smallest win from that day — and log it. This isn't about perfection; it's about consistency. It's about proof.

You have only one job: **show up.**

By the end of the year, you'll be sitting on an overwhelming amount of evidence that you're the badass motherf*cker you always knew you were — and that you've earned every last drop of that confidence you now proudly own.

One win a day. That's it. Let's go.

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Matter of Flow **January** Matter of Flow

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Weekly Focus

Week of: December 29, 2025 — January 4, 2026

Where do I want to focus my energy this week (1-3 areas):

3 weekly goals:

- 1.
- 2.
- 3.

Possible challenge(s) to overcome: _____

Coping strategy: _____

Mantra / reminder for the week: _____

December 29

Today's Intentions:

Today's Win(s):

I proved I can trust myself when...

Confidence level (1 - 10):

December 30th

Today's Intentions:

Today's Win(s):

I proved I can trust myself when...

Confidence level (1 - 10):

December 31st

Today's Intentions:

Today's Win(s):

I proved I can trust myself when...

Confidence level (1 - 10):

January 1st

Today's Intentions:

Today's Win(s):

I proved I can trust myself when...

Confidence level (1 - 10):

January 2nd

Today's Intentions:

Today's Win(s):

I proved I can trust myself when...

Confidence level (1 - 10):

January 3rd

Today's Intentions:

Today's Win(s):

I proved I can trust myself when...

Confidence level (1 - 10):

January 4

Today's Intentions:

Today's Win(s):

I proved I can trust myself when...

Confidence level (1 - 10):

Weekly Review

Most important win this week:

One way each area of focus improved:

What felt easier than last week:

Level of trust in myself, my choices and my instincts (1 - 10):

Weekly Focus

Week of: January 5 — January 11

Where do I want to focus my energy this week (1-3 areas):

3 weekly goals:

- 1.
- 2.
- 3.

Possible challenge(s) to overcome: _____

Coping strategy: _____

Mantra / reminder for the week: _____

January 5

Today's Intentions:

Today's Win(s):

I proved I can trust myself when...

Confidence level (1 - 10):

January 6

Today's Intentions:

Today's Win(s):

I proved I can trust myself when...

Confidence level (1 - 10):

January 7

Today's Intentions:

Today's Win(s):

I proved I can trust myself when...

Confidence level (1 - 10):

January 8

Today's Intentions:

Today's Win(s):

**Thanks for checking
out this sample!**

Want to start winning?

Get The Win Tracker 2026
on Amazon

