

JOURNAL



TOPIC

SMALL WINS

BROUGHT TO YOU BY PSP HEALTH PROMOTION

What's one thing I did today that felt like progress? It could be a task, a mindset shift, or a moment of patience. Why does it matter to you? How could you create an environment where that small win happens more often?

Quelle est la chose que j'ai accomplie aujourd'hui qui m'a donné le sentiment d'avoir progressé? Il peut s'agir d'une tâche, d'un changement d'état d'esprit ou d'un moment de patience. Pourquoi est-ce important pour vous? Comment pourriez-vous créer un environnement propice à la multiplication de ces petites victoires?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

What's a moment I handled better than I expected? Reflect on how you showed up. What helped you respond that way?

Quel moment ai-je mieux géré que prévu? Réfléchissez à la façon dont vous vous êtes comporté.
Qu'est-ce qui vous a aidé à réagir ainsi?

[illegible]

What's one choice I made that I'm proud of? Was it a decision to speak up, stay quiet, push through, or rest? What values did it reflect?

Quelle est la décision dont je suis le plus fier? Était-ce celle de m'exprimer, de rester silencieux, d'aller de l'avant ou de me reposer? Quelles valeurs reflétait-elle?

[illegible]

What's a moment I stayed calm or focused under pressure? Describe the situation. What helped you stay grounded?

À quel moment suis-je resté calme ou concentré malgré la pression? Décrivez la situation. Qu'est-ce qui vous a aidé à garder les pieds sur terre?

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What's something I learned or improved this week? It could be a skill, a mindset, or a relationship. How did you notice the growth?

Qu'ai-je appris ou amélioré cette semaine? Il peut s'agir d'une compétence, d'un état d'esprit ou d'une relation. Comment avez-vous remarqué cette évolution?

This image shows a full page of blank handwriting practice paper. It features approximately 28 evenly spaced horizontal blue lines across the entire page, providing a guide for letter height and placement. The background is a solid off-white color, and there are no margins, text, or other markings present.

What's one thing I didn't let get to me today? What did you do differently? What does that say about your emotional strength? What can you apply from that situation to others in the future?

Qu'est-ce qui ne m'a pas affecté aujourd'hui? Qu'avez-vous fait différemment? Qu'est-ce que cela révèle de votre force émotionnelle? Que pouvez-vous appliquer de cette situation à d'autres à l'avenir?

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What's a moment, today or this week, I showed resilience or grit? How did you push through? What did you learn about yourself?

À quel moment, aujourd'hui ou cette semaine, avez-vous fait preuve de résilience ou de courage?
Comment avez-vous réussi à surmonter cette épreuve? Qu'avez-vous appris sur vous-même?

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What's one thing I did that helped someone else? Reflect on how your actions impacted someone.

How did it feel?

Quelle est la chose que j'ai faite qui a aidé quelqu'un d'autre? Réfléchissez à l'impact que vos actions ont eu sur quelqu'un. Qu'avez-vous ressenti?

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What's a win I haven't acknowledged yet? Shine a light on something you've overlooked. Why is it worth celebrating?

Quelle victoire n'ai-je pas encore reconnue? Mettez en lumière quelque chose que vous avez négligé.
Pourquoi cela mérite-t-il d'être célébré?

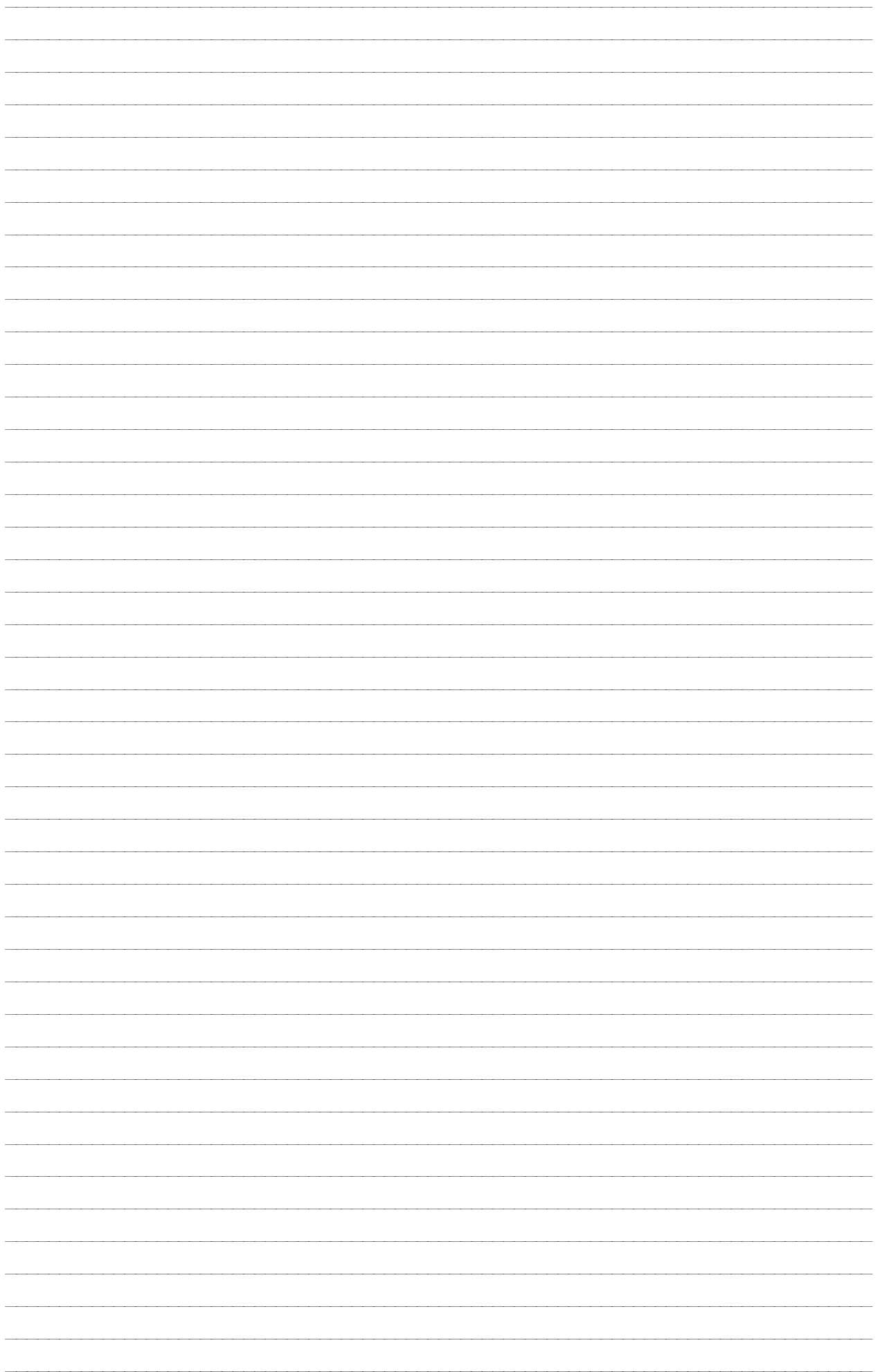
This image shows a full page of blank, lined paper. It features approximately 28 horizontal blue or grey lines spaced evenly apart, typical of notebook paper. The lines extend across the entire width of the page, leaving small margins at the top and bottom. There are no vertical lines, text, or other markings on the page.

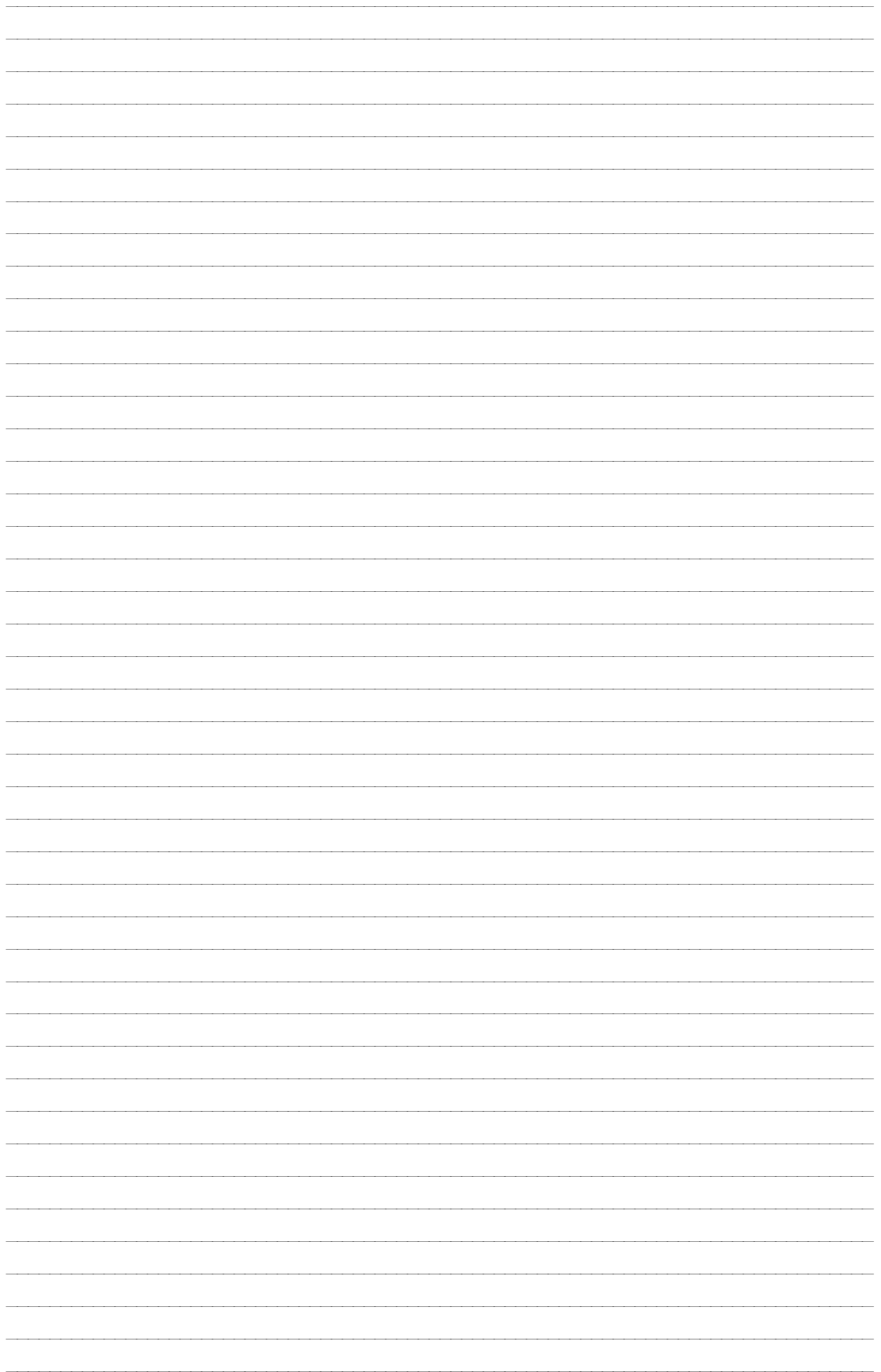
Who made me feel seen or supported recently? What did they do or say? How did it affect you?

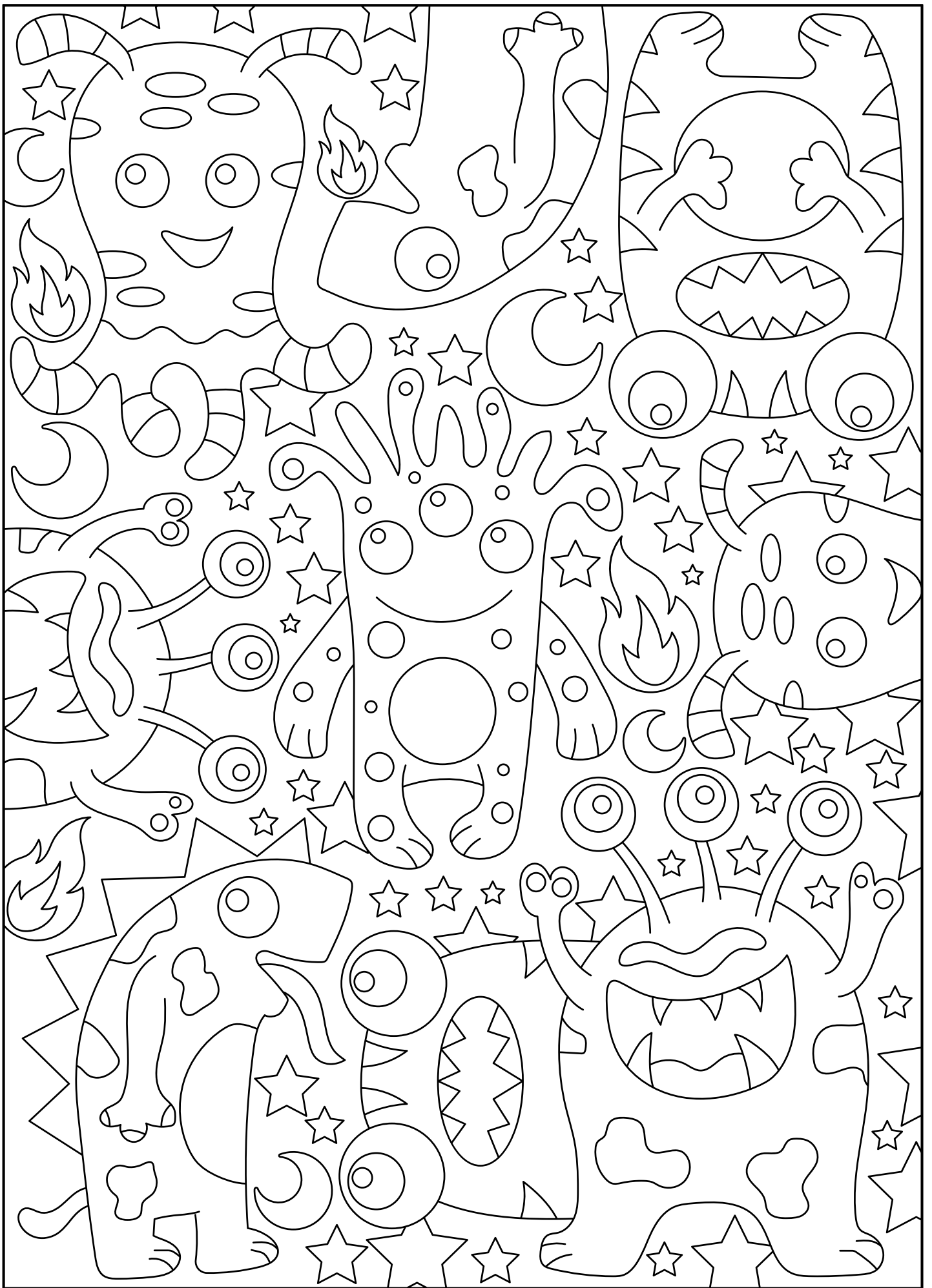
Qui m'a récemment donné le sentiment d'être vu ou soutenu? Qu'ont-ils fait ou dit ? Comment cela vous a-t-il affecté?

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FOR MORE RESOURCES

Check out the Grit Kit online for more resources from
PSP Health Promotion, Mental Performance, and
Reconditioning.

[https://cfmws.ca/moose-jaw/the-grit-kit-
bd855517630170dc676059d1b913352a](https://cfmws.ca/moose-jaw/the-grit-kit-bd855517630170dc676059d1b913352a)

**Make sure your community is set to Moose Jaw and the QR code will
take you right to the Grit Kit

