

Win Journal Template



This simple template is designed to help you capture your accomplishments, track positive feedback and reframe self-doubt with evidence of your growth. Use it daily or weekly to build confidence and create your own "evidence bank" against imposter syndrome.

Daily / Weekly Prompts

- What's one thing I accomplished today / this week (big or small) that I feel proud of?
- Did I receive positive feedback this week? What was it, and how did it make me feel?
- Think back to a challenge I handled recently. What did I do well, and what did I learn from it?
- What's one step I took today that moved me closer to a bigger goal?
- How did I support or help someone else this week, and what impact did it have?

Reflection Space

Use the space below to jot down your thoughts, track your progress or capture moments of confidence. Consider keeping a separate notebook or digital doc to expand on these prompts regularly.



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