Tracking My Success for

_____
(insert name of event you're tracking)*

Date	# of	Today's Total

*Examples of events to track: number of words written, number of books written, number of words edited, number of gratitudes I wrote in my journal, number of times I smiled at someone, number of times I paid a total stranger a compliment, number of times I forgave myself or others for something, number of times I did a kind deed for someone, number of emails I answered, number of miles I drove.