Wins & Evidence Tracker

This tool helps you capture wins, positive feedback, and evidence of your abilities—especially when self-doubt shows up. Use it regularly or whenever you need a reminder that you are capable and deserving of where you are.

TIPS FOR USING THIS TRACKER

- Include small wins—not just big achievements.
- Write down compliments or positive feedback verbatim.
- Review this list before stressful moments or when doubt creeps in.

Date	What Happened?	What This Says About Me