
AFFIRMATION TRACKER

This tracker is designed to help you move from intention to evidence.
You don't need to feel ready, positive, or motivated to use it.
One affirmation, one small action, and one proof at a time is enough.

HOW TO USE THIS AFFIRMATION TRACKER

A 2-minute practice to turn affirmations into real progress

AFFIRMATION OF THE DAY

Choose **one** affirmation to focus on today. Read it slowly once.
Pick something that feels true enough to practice, even if it's not fully believable yet.

Good examples:

- “I trust myself to handle what comes next.”
- “I am consistent with what matters.”
- “I am safe to take up space.”

TIP: If your affirmation feels too big, soften it:
Instead of “Everything always works out,” try “I can handle whatever happens.”

ALIGNED ACTION

An aligned action is one **small action** you can do today that matches your affirmation.

This is the **most important** part, because your brain changes through evidence, not repetition.

Examples:

If your affirmation is “I trust myself”

Aligned actions could be:

- Make one decision without asking for reassurance
- Choose one priority and stick to it
- Stop rewriting the message and just send it

If your affirmation is “I am consistent”

Aligned actions could be:

- Do 5 minutes of the task you've been avoiding
- Open the document and write one paragraph
- Prep tomorrow's habit in advance (clothes, notes, timer)

Keep it small: aligned actions should feel doable today.
You're aiming for progress, not perfection.

HOW DID I FEEL BEFORE?

This section helps you notice your **starting point**. Use simple words. You're not writing a diary. You're taking a **quick emotional** snapshot.

Examples:

- "Anxious, scattered, overthinking."
- "Low energy, doubtful, avoiding."
- "Calm but unmotivated."
- "Excited but nervous."
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TIP: If you don't know what you feel, write what your body feels like:

- "Tight chest, restless."
- "Heavy, slow."
- "Buzzing, tense."

HOW DO I FEEL AFTER?

After your aligned action (or at the end of the day), note any **shift**. The shift might be emotional, physical, or mental. Even a 5% change counts.

Examples:

- "More grounded. Less mental noise."
- "Still nervous, but I'm moving."
- "Proud. Clearer."
- "Lighter. More confident."

TIP: Sometimes the "after" feeling is: "I did it even though I didn't feel ready." That still counts as progress.

MINI WIN (PROOF OF PROGRESS)

A mini win is a **small proof** that you're changing. It can be something you did, or a new response you had.

Examples:

- "I started without waiting to feel motivated."
- "I didn't overthink. I chose and moved."
- "I followed through on one promise."
- "I rested without guilt."
- "I spoke kindly to myself."

TIP: A mini win can be tiny. Tiny wins are what build identity.

6) SIGNAL OF THE DAY

A signal is something you noticed that **supported your new belief**.

It can be external (a response, a moment, an opportunity) or internal (clarity, calm, ease).

Examples:

External signals:

- “Someone responded positively without me explaining myself.”
- “I got a message that confirmed my decision.”
- “An opportunity appeared right after I took action.”

Internal signals:

- “I felt calmer than expected.”
- “I stopped spiraling faster than usual.”
- “My body felt less tense.”

TIP: Signals are not about superstition. They are about attention. You're training yourself to notice evidence.

In the next page, you'll find an example of how to use it as well.

FINAL REMINDER

The goal is not to “feel perfect.” The goal is to build trust through repetition.
One affirmation. One action. One proof at a time.

WANT TO TAKE THIS EVEN FURTHER?

If you love tracking proof, progress, and small signs you're aligned, you'll love Mini Manifestations & Micro-Wins.

It's a playful daily journal to capture synchronicities, tiny wins, and the little moments that build real momentum.

KEEP IT SIMPLE. KEEP IT REAL. KEEP MOVING.

AFFIRMATION TRACKER

Date: 25/11/25

Affirmation of the Day

I trust myself to handle what comes next.

Aligned Action

One small action you can do today

I made a decision without asking for reassurance. I chose one priority for today and committed to it.

How did I feel before?

Anxious.
Overthinking.
Feeling behind.

How do I feel after?

Calmer. More grounded. Less mental noise.

Mini Win (Proof of Progress)

I didn't spiral into options. I chose and moved forward.

Signal of the Day

A message came in confirming the decision, and I felt relief instead of panic.