

The Wins Tracker

Track results weekly, before you need them. This is the folder that makes reviews, raises, promotions, and your next resume almost effortless.

The five-minute Friday habit

- ☐ Every Friday, log one or two things you did and what changed because of them.
- ☐ Capture the number, the kind word, the problem you stopped — while it's fresh.
- ☐ When review or raise season comes, the evidence is already written.

This quarter's wins

DATE	WHAT I DID	THE RESULT	WHO NOTICED / PROOF

Turn a win into...

- ☐ A **resume bullet**: action + task + result + context.
- ☐ A **raise point**: the result, in dollars or time saved where you can.
- ☐ A **promotion case**: proof you're already doing the next job.