

# STEP FIVE:

# Celebrate

## I GET STUCK IN OVERWHELM OVER NOT BEING FAR ENOUGH ALONG

What are some things you believe you or your child SHOULD already be able to do, or complete?

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NOTES...

## I HAVE MADE PROGRESS

What baby steps have you or your child already taken forward?

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## I CAN CELEBRATE SMALL WINS

What small wins can you celebrate just from the warm up?

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## I AM COMMITTED TO FINDING #ONEWINADAY



**EXERCISE:** Post your first #ctcwin in the Facebook group with #myfirstctcwin.  
**BONUS POINTS:** Commit to posting #onewinaday in the Group.