Adulting Badges · 55 everyday wins + 5 to write your own

Avery 5195 / 8195 or full-sheet sticker paper · print at Actual Size (100%)

- Showered
- Brushed my teeth
- Drank water
- Ate a real meal
- Took my meds
- Got dressed
- Went to bed on time
- Washed my face
- Took a nap
- Stretched
- Went for a walk
- Ate a vegetable
- Cooked dinner
- Did the dishes
- Did a load of laundry
- Took out the trash
- Made the bed
- Changed the sheets
- Vacuumed
- Cleaned the bathroom
- Put things away
- Watered the plants
- Cleaned out the fridge
- Wiped the counters
- Made the phone call
- Paid a bill
- Answered the email
- Opened the mail
- Made the appointment
- Returned the thing
- Went to the post office
- Went grocery shopping
- Filled up the gas
- Checked my bank account
- Canceled a subscription
- Filled out the form
- Renewed it on time
- Found the receipt
- Picked up the prescription
- Texted back
- Called a loved one
- Said no
- Sent the birthday text
- Wrote a thank-you
- Showed up
- Didn't cancel
- Went outside
- Asked for help
- Cried and kept going
- Took a break
- Logged off
- Didn't doom scroll
- Fed the pets
- Charged my phone
- Read a page
- _____
- _____
- _____
- _____
- _____