

Improve yourself
little by little
each day through small,
achievable actions that
build discipline,
positivity and
self-confidence.

Small
Wins
Big Change:

**A 21-DAY
PERSONAL JOURNEY
TO A BETTER YOU**

Clifford A. Paragua
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About the author

Clifford Paragua writes for all who believe in the power of small, consistent actions to create real change. He writes practical guides that inspire everyone to build better habits, stay motivated, and live with purpose - one small win at a time.

Through his eBooks and online content, Clifford hopes to remind others that self-improvement doesn't have to be expensive or complicated — it starts with small steps and a little self-belief.



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**This book is for
everyone
learning to
grow one small
win at a time.**



**Welcome to this 21-day
challenge!**

**It is always great to open
yourself to the possibility of
discovering a new YOU at the
end of this journey.
Unti-unti lang, one small step
at a time, and surprise
yourself that small consistent
actions lead to a big change in
your life.**

**Commit yourself for 21 days-
hindi kailangang
sabay-sabay ang pagbabago
isa-isang hakbang lang ang
kailangan.**

**Read one
challenge
each day.**



**Reflect
and
journal
your
thoughts.**



Day 1 - GRATITUDE

Start with what's good.

List three things that you are
thankful for today,
no matter how small.

How did focusing change
your mood?

Day 2 - KINDNESS

Give what you want to receive.

Do a small act of kindness today - a smile, a compliment or a thank you message.

How did it feel to make someone's day brighter?

Day 3 - CLARITY

Know your direction.

Write one short-term goal you want to achieve this week.

What's the first small step you can take to achieve that goal?

Day 4 - FOCUS

Quiet the noise.

**Turn off your phone for one hour
and use that time for
quiet reflection, reading
or rest.**

**What did you notice about yourself
when you turned off your phone?**

Day 5 - SELF-CARE

Refill your energy.

**Sleep early tonight or
take a short break
just for yourself.**

**How does your body and mind feel
after resting intentionally?**

Day 6 - POSITIVITY

See the good side.

When something stressful happens today, find one positive lesson from it.

What did you learn from shifting your perspective?

Day 7 - REFLECTION

Look back and appreciate.

Review your first week.
Write your three (3) "small wins."

How do these "wins" motivate you
to continue?

Day 8 - CONFIDENCE

Believe in your small progress.

Do one thing you've been avoiding because of fear.

How did it feel to take action even if you were nervous?

Day 9 - DISCIPLINE

Consistency over
motivation.

**Do one productive task even if
you don't feel like it.**

**What helped you push through
and do it anyway?**

Day 10 - CONNECTION

Relationships matter.

Message a friend or a family member you haven't talked to in a while.

How did reconnecting affect your emotions today?

Day 11 - LEARNING

Keep growing.

**Spend fifteen (15) minutes
reading or watching something
educational.**

**What's one thing you learned that
inspired you?**

Day 12 - SIMPLICITY

Less is more.

**Declutter one small area -
your bag or wallet, your phone
gallery or your workplace.**

**How did it feel to clear that bag
or wallet, phone gallery or your
workspace?**

Day 13 - GENEROSITY

Share your blessings.

**Give something - your time,
a piece of advice, or even a small
favor - to someone today.**

**How did it change your view about
abundance or having much?**

Day 14 - MINDFULNESS

Be present.

Eat one meal slowly, without distractions. Focus on the taste and smell.

What did you notice when you slowed down?

Day 15 - GRATITUDE (Level 2)

Appreciate people.

Send a thank you message
to someone who helped
you recently.

How did expressing appreciation
make you feel?

Day 16 - FOREGIVENESS

Lighten your heart.

**Think of one person or situation
you want to forgive - even
yourself. Write a note of release.**

**What emotions came up while
doing this?**

Day 17 - JOY

Celebrate small things.

**Treat yourself - watch a movie,
eat your favorite snack,
or dance a little.**

**How does it feel to allow yourself to
enjoy the moment?**

Day 18 - DETERMINATION

Keep moving forward.

Revisit one goal you almost gave up on. Do one small step toward it.

How did it feel to restart with fresh energy?

Day 19 - HOPE

Believe in better days.

Write three (3) things you're looking forward to in the future.

How does focusing on hope affect your mindset?

Day 20 - SHARING GROWTH

Inspire others.

**Share one lesson or insight
from this challenge with a
friend or on social media.**

**How did sharing your journey
make you feel?**

Day 21 - CELEBRATION

You did it!

**Write a letter to your future self.
Thank yourself for
showing up daily.**

**What are your top three (3)
small wins, and how have they
changed you?**


A photograph of a path leading through trees at sunset, with the text 'Congratulations!' overlaid. The scene is bathed in warm, golden light, with the sun low on the horizon, creating a soft glow and long shadows. The path is paved and leads towards a building in the distance, partially obscured by trees. The overall mood is celebratory and hopeful.

Congratulations!

**You
did
it!**

A vertical image with a sunset background. The sun is low on the horizon, casting a warm, golden glow over a path that leads through trees. The path is slightly out of focus, and the trees are silhouetted against the bright light. The overall mood is peaceful and hopeful.

**“Big changes
don’t always
start big -
sometimes they
begin with
one small win,
one kind act,
one grateful
thought.”**



**Make it a habit -
repeat the
21-Day Challenge
every month!**

**Welcome the
new YOU!**

**Share your
experience with
friends!**



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