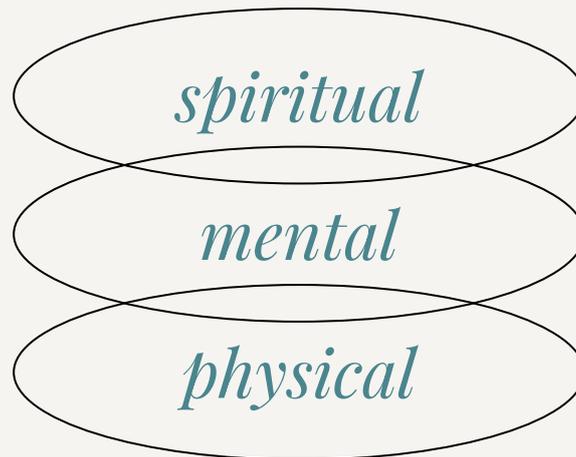


three DAILY WINS

3 Daily Wins is an exercise designed to help you focus on nurturing key areas of your life.

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Each day, choose one achievable win in each category to promote balance and well-being. By tracking your progress, you build momentum and create a more intentional, fulfilling routine.

Physical Win

- walking for 30 minutes
- jogging
- practicing yoga
- lifting weights
- stretching exercises
- dancing
- taking the stairs
- preparing a healthy meal
- trying a new fitness class
- going for a hike
- drinking enough water
- getting 7-8 hours of sleep
- doing a home workout
- breathing exercises
- eating veggies

Mental Win

- planning and organizing tasks
- setting a personal challenge
- reading
- journaling
- learning a new skill
- creating a vision board
- studying a new topic
- listening to a podcast
- practicing a language
- writing a to-do list
- reviewing goals and progress
- creating a mind map
- listening to an audiobook
- doing a creative hobby
- organizing your workspace

Spiritual Win

- practicing positive self-talk
- meditating
- praying
- writing a gratitude list
- spending time in nature
- random act of kindness
- doing a digital detox
- practicing affirmations
- volunteering
- forgiving someone
- letting go of negativity
- offering emotional support
- lighting a candle
- using incense for focus
- sending an uplifting message