

My WINS for Today

Name & Date:

You consciously create the future by intentionally taking daily WINS (Wildly, Inspired, Natural Actions).
The first step? Write down one simple intentional WIN for having fun today.

You must choose to do something fun every day. Fun is doing anything that creates joy in your life.

FUN:



Second, create doable actions that feel good! Select ONLY 2 AREAS from the four listed below.
Then, write a simple intentional WIN you are committed to taking in those 2 areas.

FAITH:

Your level of belief and trust in a higher power and in yourself.



FITNESS:

Your overall well-being and quality of life in multiple areas, including physical, mental, emotional, romantic, spiritual and financial fitness.



FAMILY & FRIENDS:

These words represent your family and relationships in any way you choose to define them.



FINANCES:

Activities related to working, earning, spending, saving and investing



FEELINGS:

Finally, reflect on and own your outcomes, experiences, learnings and feelings at the end of each day.
What did you accomplish? How do you feel? What surprised you? Write whatever you would like to remember, honor, process, celebrate and build towards tomorrow.

