

# MY DAILY WINS

**What does my body/mind/soul need today?**

**What wins would make me feel fulfilled at the end of the day?**

**Am I creating a structure that supports me—or one that limits me?**

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**A Physical Win – Movement that feels good for your body.**

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**An Emotional Win – Acknowledge and express your emotions.**

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**A Mental Win – Stimulate your brain, learn or reflect.**

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**An Energetic Win – Connect with your energybody.**

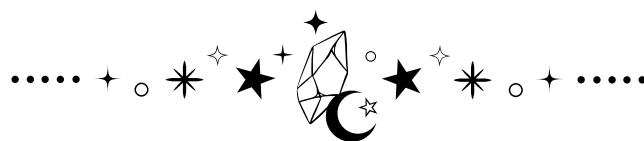
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**A Soulful Win – Align with your intuition and soul.**

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**A Nourishing Win – Replenish yourself with nourishing foods.**

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**I flow with what serves me today. These wins are enough. I am  
enough.**

