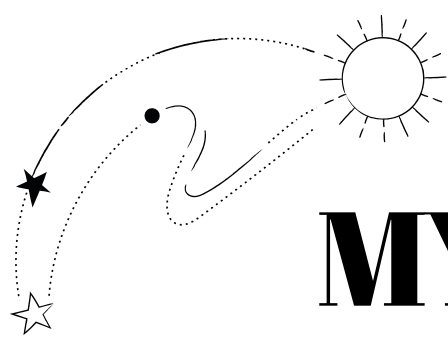




MY DAILY WINS

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?

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

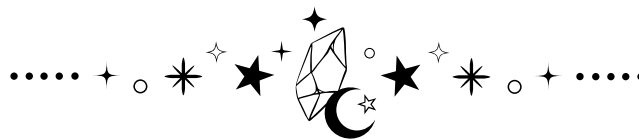
An Emotional Win – Acknowledge and express your emotions.

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

An Energetic Win – Connect with your energybody.

A Soulful Win – Align with your intuition and soul.

A Nourishing Win – Replenish yourself with nourishing foods.



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

