

**THE KEY TO W.I.N.  
YOUR DAY IS  
3 STEPS AWAY**



# W.I.N. YOUR DAY

DO THE STRESSORS OF THE DAY HAVE MORE SUCCESS THAN YOUR GOALS? THIS SHORT LITTLE EXERCISE CAN HELP YOU W.I.N. YOUR DAY BACK. GIVE IT A TRY.



WHAT DO YOU WANT TO FEEL LIKE AT THE END OF THE DAY? WRITING CAN BE INVITING. IN THE SPACE BELOW BE AS DESCRIPTIVE AS POSSIBLE AS TO HOW YOU WILL FEEL AT THE END OF THE DAY TO CONSIDER THE DAY A SUCCESS.





**FROM YOUR WHAT STORY IDENTIFY WHAT MAY PREVENT YOU FROM FEELING THAT WAY AT THE END OF THE DAY..EG THOUGHTS, EMOTIONS, PEOPLE, TIME, ETC. NOW RE-WRITE YOUR WHAT STORY TO INCLUDE HOW YOU CAN ADDRESS TO THOSE ITEMS AND MAKE THEM APART OF YOUR DAYS SUCCESS STORY.**





**NURTURE YOUR MIND, BODY AND SPIRIT. IN ORDER TO HELP OTHERS YOU MUST BE IN GOOD SHAPE. BE SURE TO SPEND TIME LEARNING SOMETHING NEW, EAT A HEALTHY MEAL, MOVE YOUR BODY AND NOURISH YOUR SPIRIT (EG.. PRAYER, MEDITATION, READING SCRIPTURE, GIVING THANKS..)**



**HOW WILL YOU NURTURE YOURSELF TODAY**

