

## WIN Card Ideas

General	<ul style="list-style-type: none"> <li>Work on LEAF plan</li> <li>Get fresh air</li> <li>Eat a healthy meal/snack</li> <li>Do 10 squats</li> <li>Watch funny videos</li> <li>Celebrate wins</li> <li>Smile at a stranger</li> <li>Stretch</li> <li>Learn a funny joke</li> </ul>
Home	<ul style="list-style-type: none"> <li>Declutter a drawer</li> <li>Spend time with your pet</li> <li>Look out the window</li> </ul>
Brushing Teeth	<ul style="list-style-type: none"> <li>Heal raises</li> <li>Gratitude practice</li> <li>Use non-dominate hand</li> <li>Stand on one leg</li> </ul>
Morning Reset	<ul style="list-style-type: none"> <li>Get sunlight</li> <li>Stretch/Yoga</li> <li>Drink water/tea</li> <li>Identify important tasks for the day</li> <li>Set intentions</li> <li>Workout</li> <li>Meditate</li> <li>Mindful breathing</li> <li>Recite your personal mission statement</li> <li>Determine how you are going to make someone's day</li> <li>Determine the feelings you want to have today and what you are going to do to feel it</li> <li>Watch the sunrise</li> </ul>
Car	<ul style="list-style-type: none"> <li>Listen to podcast</li> <li>Listen to audiobook</li> <li>Listen to Go or Chill music</li> <li>Notice something in nature</li> <li>Hum</li> <li>Sing like no one is listening...or watching</li> </ul>
Outside	<ul style="list-style-type: none"> <li>Take a deep breath</li> <li>Find awe</li> <li>Ground yourself</li> <li>Close eyes – feel the sun/rain/wind</li> <li>Touch something in nature</li> <li>Pick out one thing to focus on</li> </ul>
Movement	<ul style="list-style-type: none"> <li>10 squats</li> <li>Calf raises</li> <li>Seated Torso Twists</li> <li>Wall pushups</li> <li>Next rolls</li> <li>Dance break</li> </ul>

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Phone	<ul style="list-style-type: none"> <li>Listen to podcast</li> <li>Reach out to someone</li> <li>Read an article</li> <li>Research something you are curious about</li> <li>Call someone and take a walk</li> <li>Look at pics and remanence</li> <li>Play a game</li> <li>Listen to music (Chill or Go music)</li> <li>Find some inspiring quotes</li> </ul>
Self-Care	<ul style="list-style-type: none"> <li>Self Massage</li> <li>Read</li> <li>Try something new</li> </ul>
Bedtime	<ul style="list-style-type: none"> <li>Mindful breathing (shorter in/longer out)</li> <li>Think of three things you did well</li> <li>Meditate</li> <li>Celebrate wins/accomplishments</li> <li>List three things you are grateful for</li> <li>Journal</li> </ul>
Energy Boost	<ul style="list-style-type: none"> <li>Stretch</li> <li>10 squats</li> <li>Sunlight</li> <li>Hydration</li> <li>Fresh Air</li> <li>Arm Swings</li> </ul>
Calm Reset	<ul style="list-style-type: none"> <li>Breathing</li> <li>Affirmations</li> <li>Posture check</li> <li>Sip Something Warm</li> <li>Calm Music</li> <li>5 Minute Meditation/Prayer</li> </ul>
Focus Mode	<ul style="list-style-type: none"> <li>Declutter desk</li> <li>Set intentions</li> <li>Silence notifications</li> <li>Stand/Sit Up Straight</li> <li>Journal</li> <li>Tomato Timer</li> </ul>
Gratitude Pause	<ul style="list-style-type: none"> <li>Reflect on 3 positives</li> <li>Smile</li> <li>Breathe in the Gratitude...Breathe Out the...</li> <li>Let Someone Know You Are Grateful For Them</li> <li>Be Thankful For What You Have</li> <li>Write It Down</li> </ul>
Dopamine Hit	<ul style="list-style-type: none"> <li>HITT workout</li> <li>Upbeat Music</li> <li>Get a Small Win (Micro-Goal)</li> <li>Tyrosine (almonds, dark chocolate)</li> </ul>

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	<ul style="list-style-type: none"> <li>Sunlight</li> <li>Learn Something</li> <li>Text someone a genuine compliment</li> <li>Watch a funny video</li> <li>Try something novel</li> <li>Smell something pleasant (coffee, essential oil, fresh herbs)</li> <li>Hug a pet or a pillow for 30 seconds</li> </ul>
Meetings	<ul style="list-style-type: none"> <li>Write down one positive takeaway</li> <li>Ask a question</li> <li>Compliment someone (Purpose Praise)</li> <li>Mindful breathing</li> </ul>
Desk	<ul style="list-style-type: none"> <li>Stretch neck &amp; shoulder</li> <li>Smile</li> <li>Declutter for five minutes</li> <li>Focus on something in the distance</li> <li>Heal raises</li> <li>Take an online class</li> <li>Vacation plans</li> </ul>
Monthly	<ul style="list-style-type: none"> <li>PJ Day</li> <li>Lunch date w/friend(s)</li> <li>One day outdoors</li> <li>One (or more) date night</li> <li>One breakfast date w/friend(s)</li> </ul>
Yearly	<ul style="list-style-type: none"> <li>Go to one new place</li> <li>Two dentist appointments</li> <li>One eye doctor appointment</li> <li>Medical checkup with recommended tests</li> <li>Plan out the next year</li> <li>Reflect on your wins for the past year</li> <li>Check your net worth</li> </ul>