

WIN Cards

With Ret. Col. Brenda Dietzman

General	Work on LEAF plan Get fresh air Eat a healthy meal/snack Do 10 squats Watch funny videos Celebrate wins Smile at a stranger Stretch Learn a funny joke Mindful breathing Water/Tea TED Talk
Home	Declutter a drawer Spend time with your pet Look out the window Garden Grow herbs Cook or bake a healthy meal
Brushing Teeth	Heal raises Gratitude practice Positive affirmation Use non-dominate hand Stand on one leg
Morning Reset	Get sunlight Stretch/Yoga Drink water/tea Identify important tasks for the day Set intentions Workout Meditate Mindful breathing Recite your personal mission statement Determine how you are going to make someone's day Determine the feelings you want to have today and what you are going to do to feel it Watch the sunrise
Car	Listen to podcast Listen to audiobook Listen to Go or Chill music Notice something in nature Hum Sing like no one is listening...or watching Do a body scan Mindful breathing Grip strength exercises
Outside	Take a deep breath Find awe Ground yourself Close eyes – feel the sun/rain/wind

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	Touch something in nature Pick out one thing to focus on
Movement	10 squats Heel raises Seated Torso Twists Wall/desk pushups Neck rolls Dance break Yoga 25 jumps – landing hard (helps your bones)
Phone	Listen to podcast Pebble - Reach out to someone Read an article Research something you are curious about Call someone and take a walk Look at pics and remanence Play a game Listen to music (Chill or Go music) Find some inspiring quotes Post a positive message
Self-Care	Read Try something new
Bedtime	Mindful breathing (shorter in/longer out) Think of three things you did well Meditate Celebrate wins/accomplishments List three things you are grateful for Journal Read
Energy Boost	Stretch 10 squats Sunlight Hydration Fresh Air Arm Swings
Calm Reset	Breathing Affirmations Posture check Sip Something Warm Calm Music 5 Minute Meditation/Prayer
Focus Mode	Declutter desk Set intentions Silence notifications Stand/Sit Up Straight Journal Tomato Timer

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Gratitude Pause	- Reflect on 3 positives - Smile - Breathe in the Gratitude...Breathe Out the... - Let Someone Know You Are Grateful For Them - Be Thankful For What You Have - Write It Down
Dopamine Hit	- HITT workout - Upbeat Music - Get a Small Win (Micro-Goal) - Tyrosine (almonds, dark chocolate) - Sunlight - Learn Something - Text someone a genuine compliment - Watch a funny video - Try something novel - Smell something pleasant (coffee, essential oil, fresh herbs) - Hug a pet or a pillow for 30 seconds - Watch TV – scroll for a set time - Walk - Look at vacation pictures - Listen to upbeat music
Meetings	- Write down one positive takeaway - Ask a question - Compliment someone (Purpose Praise) - Mindful breathing
Desk	- Stretch neck & shoulder - Smile - Declutter for five minutes - Focus on something in the distance - Heal raises - Take an online class - Vacation plans - Water/Tea - Mindful breathing - Learn how to say Please/Thank you/Hello/Goodbye/Thank you in a foreign language 10 squats - Pebble (sent someone an encouraging text) - Send a birthday card
Leadership	- Send an update email - Write a note to someone - Purpose Driven Praise - Ask someone to help you with something - Ask someone their opinion
Monthly	- PJ Day - Lunch date w/friend(s) - One day outdoors - One (or more) date night - One breakfast date w/friend(s)

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Yearly	- Go to one new place - Two dentist appointments - One eye doctor appointment - Medical checkup with recommended tests - Plan out the next year - Reflect on your wins for the past year - Check your net worth
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