



MICROWINS

READ ALONG WORKBOOK

DARON K. ROBERTS

An ounce of practice is worth more than tons of preaching.

MAHATMA GANDHI

LET'S GET STARTED

As Mahatma Gandhi wisely observed, practice holds greater value than the mere acquisition of knowledge. Without application, knowledge remains theoretical, untested, and unused. This workbook is designed with the intent of helping you achieve your goals by encouraging the practical implementation of everything you learn from the book.

I highly recommend obtaining a physical copy of **Microwins** to fully immerse yourself in the experience of this workbook. Additionally, I would like to emphasize that accountability and permission are key measures of openness, acceptance, consistency, and progress. To begin, we will complete an accountability and permission commitment - one you will not forget easily!

This declaration can be printed and framed and placed anywhere you consider a good fit as a daily reminder of your commitment to growth and progress toward achieving each micro-win that help you tackle what matters in life.



There are a lot more free resources to help you enjoy *Microwins: Go Small, Build Momentum, and Tackle the Goals that Actually Matter in Life*. You can access all of them on microwins.co. If you are interested in having a well-versed and experienced coach to help your team grow and dive into the deep end, you can contact Daron K. Roberts and book him via coachdkr.com. Let's enjoy and grow together!

While you can use this workbook with friends, your team at work, groups, or a learning club for accountability, you cannot redistribute, sell workshops or coaching sessions based on it, or create a website to redistribute this workbook.



ACCOUNTABILITY & PERMISSION COMMITMENT



YOUR NAME

on the _____ day in the month of _____,
year _____, I choose to be accountable for my actions toward
tackling the goals that matter in life. I will, therefore, ensure that my actions
reflect my desired goals, and I choose to be accountable to myself
and _____ in making sure I practice every teaching and truth
stated here.

I also permit myself to embrace the truth that guides me toward my desired
future by being open-minded, showing up to accept and change the course
from the wrong direction to the right direction, asking questions, tackling
any fear that stands between me and my goals, and giving myself the time
I need to grow.

Daron K Roberts

SIGNATURE

SIGNATURE

Go Small, Build Momentum, and Tackle the Goals That Actually Matter in Life.

MICROWINS

**Go Small,
Build Momentum,
and Tackle the Goals
That Actually Matter
in Life.**

PART ONE EXERCISES

MINDSET

CHAPTER 1

EMBRACE YOUR COFFIN

EXERCISE 1: FIRST THINGS FIRST

Based on Content covered on pages 5 and 6

Instructions: We're going to begin by keeping it real. Openness is the key—it's the only door that leads to personal discovery, as trust encourages vulnerability. Start by having an honest discussion with your accountability partner and list ten (10) things that matter most to you—things you genuinely want to achieve in life. Take your time to reflect deeply so that what you write truly captures your most meaningful desires.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Things to note: It doesn't matter if your goals are temporary or long-term; the main objective is to bring to light what truly resonates with you and the ultimate goals you aim to achieve.

When working through this exercise with your accountability partner, avoid shaping your goals to impress them. Be open and honest, both in writing and discussion, about your true intentions and what you genuinely want to accomplish.

EXERCISE 2: THE COFFIN BUCKET LIST

Based on Content covered on pages 8 to 12

As I mentioned in the book, this exercise can feel intimidating, as it did for my students. However, recognizing that our time is finite and limited is a crucial first step in prioritizing and setting our goals, bringing clarity to what truly matters.

Instructions: Write a eulogy for yourself, listing ten (10) things you would love for people to say—or believe they should say—about how you've lived your life.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

I know this exercise can feel daunting, but sometimes the best way to achieve our goals is by thoughtfully analyzing them from the endpoint rather than starting from the beginning. This reverse approach can provide a clearer perspective on what truly matters and help us prioritize more effectively.

DISCUSSION EXERCISE: DESIRES VS IMPACT

So far, we've identified our desires in the first exercise and outlined our impact in the second. Now, we'll take the next step by aligning the impact from your Coffin Bucket List with the desires listed in the first exercise.

Here's what to do: Review the 10 items from the second exercise and compare them with the goals/desires from the first. Then, discuss with your accountability partner what adjustments may be needed, areas for improvement, and where your focus and commitment might need to shift.

At the end of the day, the question we are answering is:

How would you want to be remembered?

This empowers how we see and approach life, shaping our daily decisions.

WE SHOULD
APPROACH LIFE WITH
A GENTLE SENSE OF URGENCY.

**WE SHOULD
APPROACH LIFE
WITH A GENTLE
SENSE OF
URGENCY**

TIME IS MADE, NOT FOUND

EXERCISE 1: 7-DAY MICROCHOICES REFLECTION

Based on Content covered on pages 15 to 17

I'll begin by saying that we are the sum of the small choices we make each day, whether they concern what truly matters or the seemingly trivial aspects of life. Each of these decisions contributes to the legacy we are building and how we will be remembered. Let us reflect back on the past 7 days or the past week!

What to do: Take about an hour of personal time for deep reflection on the past week and answer the following question. Be honest with yourself as you evaluate.

What five (5) things did you do that contributed to your goals and the way you want to be remembered? Think about actions, decisions, or efforts—whether big or small—that moved you closer to your desired legacy or helped shape the impact you wish to leave behind.

What five (5) things did you do that you wouldn't have wanted to do, as they went against your choices or will? Think about moments when your actions may not have aligned with your true intentions or values and how they impacted your journey toward your goals.

1.

1.

2.

2.

3.

3.

4.

4.

5.

5.


EXERCISE 2: YESAHOLIC/VALIDATION CHECKS

Based on Content covered on pages 19 to 21

This reflection will help you gain deeper insight into how you relate to your choices, how external factors influence them, and how well you maintain your stance amidst the ever-changing situations that can challenge your decisions.


Instructions: Answer the questions by ticking the appropriate boxes that apply, and then discuss your responses with your accountability partner. This will allow you to better understand the strength of your choices and where adjustments might be needed.

1. How do you feel when you turn down unplanned events, occasions, or invitations, especially when they are not aligned with your personal goals?




☐ Uncomfortable ☐ Indifferent Comfortable ☐

2. How do you feel when others disagree with your important daily choices and decisions, especially those that significantly impact the bigger picture?




☐ Uncomfortable ☐ Indifferent Comfortable ☐


3. How do you feel or how would you feel when you make drastic choices (e.g., ending a relationship, starting a diet, quitting a job, learning a new skill, changing sleep patterns) that affect your immediate environment?




☐ Uncomfortable ☐ Indifferent Comfortable ☐

Together with your accountability partner, discuss your answers using the parameters below:

 **Feeling uncomfortable** may suggest that, while you care about others' opinions, you might not fully own your choices and tend to prioritize pleasing people. To address this, apply the GAP method from page 27 of the book to areas where you struggle with this.

 **Feeling indifferent** may indicate a disconnect from oneself or a lack of engagement with personal choices. This is an unhealthy sign, but it can be addressed by becoming more intentional with your everyday decisions.

 **Feeling comfortable** is a positive place to be, as it reflects that you take responsibility for your choices. Even if it's not always easy, you understand that you are in control of your decisions and accept the outcomes.

DISCUSSION EXERCISE 1: DESIRES VS IMPACT

Based on the Content covered on page 25

I'm confident that the last exercise has helped us recognize how much we truly own our choices. It's encouraging to see that you're viewing it through the right lens.

Here's what to do: Discuss with your accountability partner the choices you need to implement—whether related to work, benevolence, attitude, diet, relationships, use of language, faith, and more—that will help you achieve your bucket list. Additionally, talk about the things you need to start saying “**No**” to, as this is crucial for your progress.

Make sure to write these down so you can remember and hold yourself accountable.

EXERCISE 3: GAP METHOD

The GAP method is one method that has helped me and my wife to say “No” in matters that require a “No” Here is the GAP method and how to apply it.

GAP stands for: gratitude, acknowledgment, and policy.

Gratitude. Thank the requester.

Acknowledge. Recognize the organization.

Policy. Share your policy/principle.

Refer to page 27 for real-life application example

INTENTION WITHOUT
EXECUTION IS DEAD.

**HOW WOULD
YOU FEEL IF
YOU LET
YOURSELF
DOWN?**

EXERCISE 1: THE WAR CREED

Based on the content covered on page 33

I trust you've enjoyed the journey with us so far. We've navigated the early stages with care, but now we're approaching a critical turn—one where we shift into higher gear and accelerate down the track of our growth like seasoned racers. This is where the race intensifies, where precision and confidence make all the difference. Just as a race car's engine requires fine-tuning to perform at its peak, personal affirmation acts as the fuel that powers us forward, reinforcing the backbone of every goal we pursue. With each stride, it adds resilience and strength to the drive for our ultimate victory.

We are going to read this creed out loud in order to strengthen our core belief and shame every form of unworthiness:

I am built for greatness,
ready to break through every barrier.
I declare war on my status quo.
My past will not define my present,
and I live today with purpose, shaping a better future.
Complacency and negligence have no place in my life
I embrace the fire of dissatisfaction that drives me forward.
My life is not dictated by my surroundings,
I accept change and stir it to my good,
I shape my environment through the values I stand by,
I hold my disciplines with iron resolve as I commit fully to growth.
Every mental wall crumbles before me.
Who I am is a raw material for who I ought to be,
and I embrace the process
I own up to my choices and am relentless
in my pursuit of transformation.
There is more to me than anyone can see!

Remember: Let's aim to make this a daily practice, but if that feels overwhelming, we can start by reading our creed aloud at the beginning of each week. The key is to build a consistent habit of positive reaffirmation. What we speak over ourselves holds great power, especially when facing challenges. By regularly reinforcing these affirmations, we strengthen our mindset and fuel our resilience.

EXERCISE 2: FINDING MY LIGHT BULB

Based on Content covered on pages 40 to 42

This reflection is designed to help you identify what naturally brings you positivity, without the need for accountability, close monitoring, or supervision. Our goal is to explore the activities that energize and inspire you and to take note of them. Ask yourself: What are the things I gravitate toward when I have no obligations or expectations?

Instructions: List out 5-10 things that you wish you could have more time for, that you love to do without external supervision or motivation, and that light you up. Thoughtfully pen them down and discuss them with your accountability partner.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Based on what you recorded on the previous page:

Assess Alignment with Current Life

1. Check how much of your life involves these activities. Are they part of your work, personal life, or hobbies? If not, consider ways to integrate them more.
2. See if they align with your current career or goals. If there's a mismatch, it might be time to pivot or incorporate more of what you love into your daily routine.

Integrate Them Into Your Vision for Life

1. Revisit your personal vision or life goals and see how these activities can support your broader sense of purpose.
2. Consider how focusing on what lights you up can enhance your well-being & relationships.
3. See if there's a way to turn these activities into something that could be professionally rewarding.

I DECLARE **WAR** ON MY
STATUS QUO!

**COMPLACENCY
IS THE ENEMY.**

FIGHT IT!

CHAPTER 4

WIRETAP YOUR MENTAL CHATTER

EXERCISE 1: SELF COMPASSION – BATTLE FOR THE MIND

Based on Content covered on pages 47 - 50

DISCOVERY CHATTER: We learned a lot about self-compassion in Chapter 3. Let us engage in practical steps to apply it. The first thing you will do is actively identify five (5) negative thoughts or limiting beliefs you have about yourself. Replace these thoughts with five (5) countering positive affirmations or evidence-based truths about your abilities and worth. For example, if you catch yourself thinking, "I'm not good enough," replace it with, "I have the ability to improve and grow." Writing these down or speaking them aloud can reinforce a healthier self-perception. So, let us do it!

NEGATIVE THOUGHTS	COUNTERING POSITIVE AFFIRMATION
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Daily Self-compassion Exercise: It is important to treat yourself with the same kindness and understanding you would offer a friend in a similar bad situation.

a. Get a new journal specifically for this purpose that will take you through the year. Every day before going to bed, write down on the first half of a separate page what you appreciate about yourself. On the second half, write down what you achieved that made you happy and felt worthwhile. No matter how small or micro it is, please record it. Besides, we are focusing on MICROWINing. This journal will be called the **"MICROWINS JOURNAL."**

continued on the next page

- b. At the end of each week, set aside time to reflect on and appreciate the positive insights you've written about yourself. This practice serves as a valuable guide for silencing self-deating stories or beliefs and recognizing the inner strength and courage—the "brave lion" within—you may not have previously acknowledged.

EXERCISE 2: THE ARC METHOD – BATTLE OF THE MIND

Based on Content covered on page 51

I developed the ARC Method as a way to deal with self-defeating stories, and I am sharing it with you because it has been working. I have taken my time to explain it in the book; here is a practice model to use:

A

Acknowledge your SDS: Recognize when negative self-talk arises. Talk to it directly by saying, "I see you. I hear you. I honor your presence." Understand that these emotions are not commands but indicators; give them attention without allowing them control.

R

Resist the SDS: Stand up for yourself with the same urgency you would defend a loved one. Speak up against self-doubt, offering yourself both defense and comfort, just as you would protect someone important to you.

C

Choose Courage: Even if you don't fully believe the positive words, speak them. Simply saying encouraging words aloud can shift your mindset and create powerful change in your brain.



DISCUSSION AND REFLECTION: MINDSET

I want to congratulate you once again on reaching this point. You're making great progress, and it's clear that you're on a path to success!

To ensure you fully absorb and maximize everything we've covered so far, I encourage you to set aside 30 minutes to an hour for a discussion with your accountability partner. You can take turns reviewing each chapter or principle and reflecting on how it has influenced your mindset thus far.

EXERCISE 1: DEEP DIVE – MICROMOVING WITH GOALS

Based on the content covered on page 6-4

STEP 1: Identify Your Big, Scary Goal

Think about a big, scary goal that you've always wanted to accomplish—something that feels exciting but a little intimidating. Now, answer the following question:

What is a small step you could take on the path toward achieving this goal?

Write it down below:

STEP 2: Break It Down – First Step

Now, let's take the small step you identified and break it down further. Consider what a smaller slice of that step could be. For example, if your goal is "write a book," the smaller slice could be "write 10 pages" or "create a list of chapters."

What is your smaller slice?

Write it here:

STEP 3: Go Even Smaller

We're not done yet! Let's break that step down even more—so small that we would need a microscope to see it! For example, "write 10 pages" becomes "write one page," and "create a list of chapters" becomes "write the first sentence of the introduction."

What is the smallest, most manageable step you can take?

Write it down below:

STEP 4: Commit to Action

Now that you have your micro-step, it's time to take action. Choose a day and time this week when you will complete this small task. Remember, progress is made by taking consistent, small steps.

When will you complete this micro-step?

Set your date and time here:

★ Congratulations on completing the first part of the book! You've taken a big step forward in your journey, and the insights you've gained so far are just the beginning. As you move into the second part, you'll discover even deeper ideas and strategies that will continue to shape your thinking and fuel your progress. Keep going—you're building momentum, and the best is yet to come! Stay curious, stay engaged, and trust that every chapter is bringing you closer to your goals. ★

IWKI

AMJ

ONIK

MYU

WAY

TOEI

WIN!

PART TWO EXERCISES

MECHANICS

CHAPTER 6

MACROWINS

Now, we shift our focus to strategy. This section of the book delves into the finer details of the Microwins System. In the Mechanics phase, our emphasis moves toward actionable progress. We will start with essential exercises on MACROWINning in this chapter.

EXERCISE 1: BRAINSTORM YOUR MACROWIN

Based on Content covered on pages 74 - 80

Remember, a macrowin is a significant, aspirational goal that gives direction and meaning to your life. Let's select one macrowin and explore in depth through the exercises below using the BAWDY test—Bright, Aspirational, Worth It, Delusional, Why Not—to frame it.

STEP 1: Describe Your Goal

1. What's the ambitious goal you want to achieve? Be bold!

2. Why does this goal excite you? Describe the excitement factor?

STEP 2: BAWDY Breakdown

Bright: What unique passion or light does this goal bring to your life?

Aspirational: Describe how achieving this goal would transform you into the person you wish to be.

Worth It: Reflect on why this goal is meaningful and worth the challenges.

Delusional: In what ways does this goal seem unrealistic to others yet vital to you?

Why Not: What might stop you from pursuing it? Respond with a "Why not?" mindset.

STEP 3: See the End, Start from Now

Imagine yourself having achieved this macrowin. Reflect on the changes and desires you would expect to have realized by reaching this milestone. Take a moment to list them here, creating a vision that can serve as a guide—a mirror to keep your focus sharp and your excitement alive as you pursue your macrowin.

Change #1

Change #2

Change #3

Picture yourself one year from now, having achieved this goal. Describe what you see:

Who are you?

What have you become?

These should be simple steps that move you closer to your goal.

Step 1: _____

Step 2: _____

Step 3: _____

IF NOT NOW, THEN WHEN?

IF NOT YOU, THEN WHO?

**THE DIPS
AND VALLEYS
WERE MERELY
TRAINING
GROUNDS
FOR THE
NEXT CLIMB.**

CHAPTER 7

THE THREE DOMAINS

In life, we balance Work, Family, and Health—each impacting the others in dynamic ways. The exercise below will guide you in evaluating, setting goals, and making progress in these areas to strengthen your core.

EXERCISE 1: ASSESSING THE DOMAINS

Based on Content covered on page 91

Rate your satisfaction in each domain on a scale of 1 (very dissatisfied) to 5 (very satisfied) by ticking inside the circles.

	VD	SD	S	MS	VS
1. Work Satisfaction Score:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Family Satisfaction Score:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Health Satisfaction Score:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

VD - Very dissatisfied, SD - Somewhat dissatisfied, Satisfied, More satisfied, Very satisfied

REFLECTION

1. Which area are you most satisfied with? Describe why.

2. Which area needs the most improvement? Explain why.

EXERCISE 2: VISION TO GROW

SEEING THE FUTURE

Imagine where you want to be in each domain one year from now. Be specific about the changes and improvements you'd like to see.

1. Work Vision

2. Family Vision

3. Health Vision

EXERCISE 3: MICROWINNING FOR THE MACROWINS

Don't forget that microwins are small, specific actions you can take toward your larger goals. I want you to write down three (3) achievable microwins for each domain that you are going to practice to achieve the vision above. Be very realistic

1. Work Microwins:

- a. _____
- b. _____
- c. _____

2. Family Microwins:

- a. _____
- b. _____
- c. _____

3. Health Microwins:

- a. _____
- b. _____
- c. _____

**EVERYTHING
THAT WE
DO**

AFFECTS

**EVERYTHING
THAT WE
DO**

CHAPTER 8

WORK DOMAIN

It is no doubt that, to some great extent, the work we do can bring us a sense of purpose, energy, and joy. Let us carefully work through some discovery and exercises that help us understand what ignites our passion and how we can develop it into a fulfilling path.

EXERCISE 1: WHAT LIGHTS YOU UP?

Based on Content covered on pages 93 to 101

Let's take a deep dive into what brings us joy and lights us up in our daily work routine and engagement

DISCOVERY

Self-Reflection – What Brings You Joy?

1. Recall a recent workday that felt satisfying. Describe what you were doing and how it made you feel.

Task/Activity: _____

Feelings: _____

2. Assess Your Current Role: On a scale of 1 (unmotivated) to 5 (highly motivated), rate how your current job makes you feel: _____

3. What Lights You Up?

List three activities, tasks, or skills in your current role or personal life that energize you

Activity 1: _____

Activity 2: _____

Activity 3: _____

EXPLORATION

If You Could Explore Another Job Function:

1. Think of a role or task in your company (or industry) that interests you but is different from your current responsibilities. Describe it below:

New Role/Function: _____

Why It Interests You: _____

2. What's a side skill, hobby, or craft you would love to master (e.g., photography, coding, cooking)?

Side Craft: _____

Why It Appeals to You: _____

EXERCISE 2: BUILDING MICROWINS FOR CAREER

Setting microwins to boost passion in your current role takes intentionality and commitment to help realize success at work. I want you to do the following. This will take you outside your comfort zone, but it is important to help you WIN in the work domain of MACROWINNING.

Ask a mentor or manager for feedback on an area you wish to grow in. Record what you learned:

Feedbacks and Key takeaway:

EXERCISE 3: SIDE CRAFT/HUSTLE

Action Steps for Your Side Craft

List two achievable steps to start or improve your skill in your chosen craft

Step a. _____

Step b. _____

Incorporate Side Craft into Weekly Routine

Determine how many *hours per week* you can dedicate to this craft, write it here: _____

ALWAYS ASK YOURSELF
THE QUESTION:
WHAT LIGHTS ME UP?

**YOU ARE
NOT TOO OLD
AND IT IS
NOT TOO LATE
TO RECLAIM
YOUR
LIFE**

CHAPTER 9

FAMILY DOMAIN

Our most important relationships often bring us the greatest fulfillment in life. It is essential to identify key relationships and set small, intentional actions to deepen these connections. Let us begin here:

EXERCISE 1: WHO IS IN YOUR CORNER?

Based on Content covered on page 104

Reflection: Think about people who have shown unwavering support in your life—those who are there during your low points, not just the high points. List them below and

1. Name: _____
Why they are important to me: _____
2. Name: _____
Why they are important to me: _____
3. Name: _____
Why they are important to me: _____

Other Key Relationships

Think beyond blood ties. Include friends, mentors, even pets or plants that bring you joy or comfort.

Name (or type): _____ Relationship type: _____
Why they matter: _____

Strengthening Bonds

Small, consistent actions build strong relationships. What specific actions can/will you take to show appreciation and strengthen these bonds?

Action 1: _____
Action 2: _____

Relationship Goals

What's one simple goal you'd like to achieve for each relationship over the next month?

Example: "Have one meaningful conversation with [person] this week."

Goal 1: _____
Goal 2: _____

EXERCISE 2: SIMPLE RELATIONAL RITUALS

Rituals may seem monotonous, but they build the consistency needed to strengthen our relationships with family day by day. Let's create a ritual to help nurture these connections.

1. Consider setting up a daily or weekly ritual. For example, "Write a small note of encouragement," or "Set aside 15 minutes for uninterrupted conversation."

Ritual: _____

Frequency: _____

2. Reflect on the past week. What was a highlight in connecting with someone close to you?

Highlight: _____

Adjustments: _____

What could you improve or adjust to strengthen these connections further?

Adjustment:

A final Thought? Consistency in small actions is key to nurturing relationships. Give the people (and pets or plants) in your corner the best of your energy, and watch these bonds grow stronger.

THE PEOPLE IN YOUR CORNER
DESERVE THE BEST OF YOU
INSTEAD OF THE REST OF YOU.

**DO YOU
KNOW WHO
IS IN YOUR
CIRCLE
CORNER?**

CHAPTER 10

HEALTH DOMAIN

Health is a cornerstone that affects all areas of life. Let's explore ways to achieve wholeness by focusing on small, actionable steps in three areas: Mouth (diet), Movement (exercise and rest), and Maker (spiritual practices).

EXERCISE 1: MICROWINING IN HEALTH

Based on Content covered on page 104

1. Mouth (Diet)

What are some foods or drinks you regularly consume that may not contribute to long-term energy or health? _____

What nutritious foods make you feel your best?

2. Movement (Exercise and Rest)

How often do you engage in physical activity that rejuvenates you? _____

Are there restful practices, such as sleep or naps, that you could improve?

3. Maker (Spiritual Practices)

Do you have any routines (like meditation, prayer, or reflection) that help you stay centered?

Visualize Your Health One Year from Now

Describe your vision for each health category, considering improvements you'd like to see in a year:

Mouth:

Movement:

Maker:

EXERCISE 2: HEALTH ACTION POINTS

Choose one specific, small action for each area to start making consistent, positive changes.

1. Mouth

Example goals: Drink more water, reduce processed foods, increase vegetable intake.

Microwin: _____

2. Movement

Example goals: Incorporate daily walks, stretch for 5 minutes, take short naps.

Microwin: _____

3. Maker

Example goals: Practice daily meditation, write in a gratitude journal, spend 5 minutes in quiet reflection.

Microwin: _____

Reflections

At the end of each month, reflect on any benefits you've noticed from these changes.

Biggest Achievement in Mouth:

Biggest Achievement in Movement:

Biggest Achievement in Maker:

Here is a little something Small changes today contribute to a healthier, more energized future. Remember, consistency is key, and every microwin counts!

**WHOLENESS
CAPTURES
THE STATE
OF BOTH OUR
PHYSICAL &
SPIRITUAL
BEINGS**

THE MICROWINS SYSTEM

The Microwins System helps you make meaningful progress by breaking down large goals (macrowins) into smaller, achievable steps (microwins). Let's begin by identifying your macrowins and then converting them into manageable microwins.

EXERCISE 1: MICROWINING IN HEALTH

Based on Content covered on pages 117 to 127

Step1 - Reimagine yourself

Imagine new possibilities. Answer each prompt to start envisioning a fresh approach to your goals:

What if you took a course to learn a new skill?

What if you spent more time each week with family?

What if you set aside 10 minutes daily for self-care?

Step 2 – Identify Three Macrowins

Define your overarching goals for each domain (work, family, and health).

Work Macrowin: _____

Family Macrowin: _____

Health Macrowin: _____

Step 3 – Convert Macrowins to Microwins

Start by identifying one small action that contributes to each macrowin. Then, simplify that action even further to make it more achievable. Examples include:

Macrowin: *Learn photography*

Microwin: *Look at specs for three cameras*

Smaller Microwin: *Review one camera online for 5 minutes*

Your Turn

Work Macrowin

Microwin: _____

Smaller Microwin: _____

Family Macrowin

Microwin: _____

Smaller Microwin: _____

Health Macrowin

Microwin: _____

Smaller Microwin: _____

Step 4: Prep, Schedule and Advance

Reserve specific time slots for each microwin. Block these times on your calendar.

Microwin 1 Time: _____ Microwin 2 Time: _____ Microwin 3 Time: _____

Step 5: Give Yourself Grace

You may not complete all microwins every day, and that's okay. Focus on keeping a positive outlook, and consider these questions when things don't go as planned:

How could I adjust my environment to support my microwins?

When would be a better time to work on my microwins?

Is there someone who could keep me accountable?

**PREPARATION
HAS ITS PLACE,
BUT
MOVEMENT
IS LIFE'S BEST
TEACHER.**

PART THREE EXERCISES

MOMENTUM

As we approach the conclusion of this journey, it's time to reflect on all you've learned, from mindset shifts to practical mechanics. Now, we're stepping into momentum: the "17 Laws of Momentum" serve as guiding principles to keep motivation high and ensure steady progress. Let's explore these foundational laws to help you remain focused on your goals and sustain lasting momentum.

EXERCISE: WINNING WITH THE 17!

Based on Content covered on page 104

Law 1: Marry Your Macrowins

Exercise: "Commitment Ceremony"

Write down your macrowins in detail. Reflect on why each is essential to you. Imagine you're making a commitment to these goals—describe how you feel about sticking with them, even during tough times.

Law 2: Evolve Away

Exercise: "Release & Evolve"

List three things you might need to let go of to pursue your macrowins (e.g., outdated goals, habits). Reflect on how evolving away from these will create space for new growth.

Law 3: Swallow the Minnow

Exercise: "Daily Minnow Challenge"

Each morning, choose a small task you can complete quickly to start your day with a win. Track your daily minnows for a week and note how this practice impacts your motivation.

Law 4: Revamp Your Night Routines

Exercise: "Night Prep for Morning Success"

Choose three actions to complete each evening that will simplify your morning routine (e.g., preparing clothes, setting out breakfast items). Reflect on any improvement in your morning flow.

Law 5: Keep Past Wins in Your Hip Pocket

-Exercise: "Victory Vault"

List three past achievements you're proud of, no matter how small. Keep this list somewhere visible, and review it whenever you need a confidence boost.

Law 6: Heed The Law of Extraction

Exercise: "Energy Audit"

Write down interactions or activities that drain or uplift your energy. Aim to limit or remove one draining influence this week and add a positive one.

Law 7: Keep Positive People in Close Proximity

Exercise: "Circle Check"

List people in your life who bring positive energy and those who don't. Identify one person you'll spend more time with to boost your positive momentum.

Law 8: Learn a New Language

Exercise: "Reframe Negative Talk"

Track how often you use limiting language (like "but," "hard"). Practice replacing these with empowering alternatives like "and," "challenging," or "opportunity."

Law 9: Shun Perfection, Chase Consistency

Exercise: "Consistency Calendar"

Mark each day you take action toward a microwin, even if imperfect. At the end of the month, reflect on the power of consistency over perfection.

Law 10: Move First, Deliberate Later

Exercise: "30-Second Start"

When you face a daunting task, commit to starting within 30 seconds without overthinking. Afterward, write down how taking immediate action felt.

Law 11: Travel the Road Until the Territory Speaks

Exercise: "Adapt & Adjust"

When you encounter an unexpected obstacle, make an adjustment to stay on track. Document one adjustment you made and how it helped maintain your momentum.

Law 12: Recruit Your Roommates

Exercise: "Accountability Ally"

Share one of your microwins with a friend or family member who can help you stay on track. Reflect on how their support impacts your progress.

Law 13: Practice Cell Shabbat

Exercise: "Tech Detox"

Choose one evening to disconnect from technology for a few hours. Reflect on how this time affects your focus and well-being.

Law 14: Aim for 10 Minutes Instead of 10,000 Hours

Exercise: "10-Minute Start"

Pick a task related to your macrowin and commit to working on it for 10 minutes daily. Track your progress and reflect on how small steps build momentum.

Law 15: Push Through the P-Trap

Exercise: "Overcome Creative Block"

Spend 10 minutes simply starting without overthinking. Write down any insights or breakthroughs.

Law 16: Practice Self-Gratitude

Exercise: "Self-Thank You"

At the end of each day, Write down one thing for which you thank yourself. Reflect on how self-gratitude influences your motivation.

Law 17: The Microwins System Only Works When You Do

Exercise: "Daily Microwin Commitment"

Set one small microwin each day and commit to completing it. Review your week's progress to see how small steps compound into momentum.

YOU MADE KILLED IT!

Congratulations on Completing Your Journey!

You've just accomplished something truly remarkable by completing every exercise across all chapters! This journey has been about more than just ticking boxes; it's a testament to your dedication, resilience, and commitment to personal growth. Each step you took—every microwin, reflection, and adjustment—has brought you closer to your macrowins, setting the foundation for sustained momentum in your life.

As you continue forward, remember that progress is built on these small but meaningful wins. Celebrate the person you've become, stay curious, and keep the momentum going. The skills and insights you've gained are yours to carry forward into each new challenge and opportunity.

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