

The Quick Win Menu

When you aren't sure where to start, use this menu as a quick reference guide. It's a collection of bite-sized habits that you can mix and match to keep your momentum going without the pressure of perfection.

- **Physical:** Take a brisk walk or stretch (**15 minutes**)
- **Home:** Sort/organize one drawer or shelf of a cupboard (**15 minutes**)
- **Mental:** Journal wins or thankfulness (**10 minutes**)
- **Spiritual:** Read one Psalm and pray (**5 minutes**)
- **Relationships:** Send a quick text to a friend or family member to check in with them (**2 minutes**)