

Simple Daily Win Calendar | Set 1 major goal each day that challenges you physically, mentally, and socially.

[\(you will learn about your simple daily wins in Module 3 of Foundations to a Successful Job Search\)](#)

In total, that's technically 3 goals, but as long as you accomplish one of these goals, you are on track push aside the feeling of failure and instead shifting your focus on being successful in one if not three important areas of your life

Date	Physical	Mental	Social
2/23/2019	Gym - Chest & Back workout	Read for 30 mins	Connect with 1 person at Starbucks
2/24/2019	Gym - Triceps & Biceps	Finish book (only 2 chap	Call college roommate
2/25/2019	Gym - Shoulders & Legs	Photoshop tutorials	Reach out to Karen (AE) from Starbucks
2/26/2019	1 mile jog	Speed read for 10 mins	Talk with Don (CFO) from the gym
2/27/2019	Gym - Tri's & Bi's	Social media marketing	Make connection with Jim, CMO

Above is an example of what a simple daily win calendar looks like. Just input today's date, an easily obtainable physical, mental, and social goal and highlight each one you complete that day.

You will start to feel more productive throughout your time looking for work. My advice is to go to the gym early.

That way, you will not only feel better physically but you will also feel better mentally and will meet a surprising amount of valuable connections. This is an easy way to complete all 3 challenges early on in the day.

