

The Power of 3 - Creating Systems

Created by Manmohan Coaching | @manmohancoaching

**“Decide the type of person you want to be.
Prove it to yourself with small wins.”**

James Clear, Atomic Habits



If you're anything like me, I get overwhelmed with the amount of pressure there is to produce and be productive.

The number three, spiritually, represents alignment and balance. Creating systems is all about alignment to you and balance for the season of life you are in.

I created this method to help me break it down. To re-evaluate the season I am in, create small wins and build better habits that honor me, my body and my relationships.

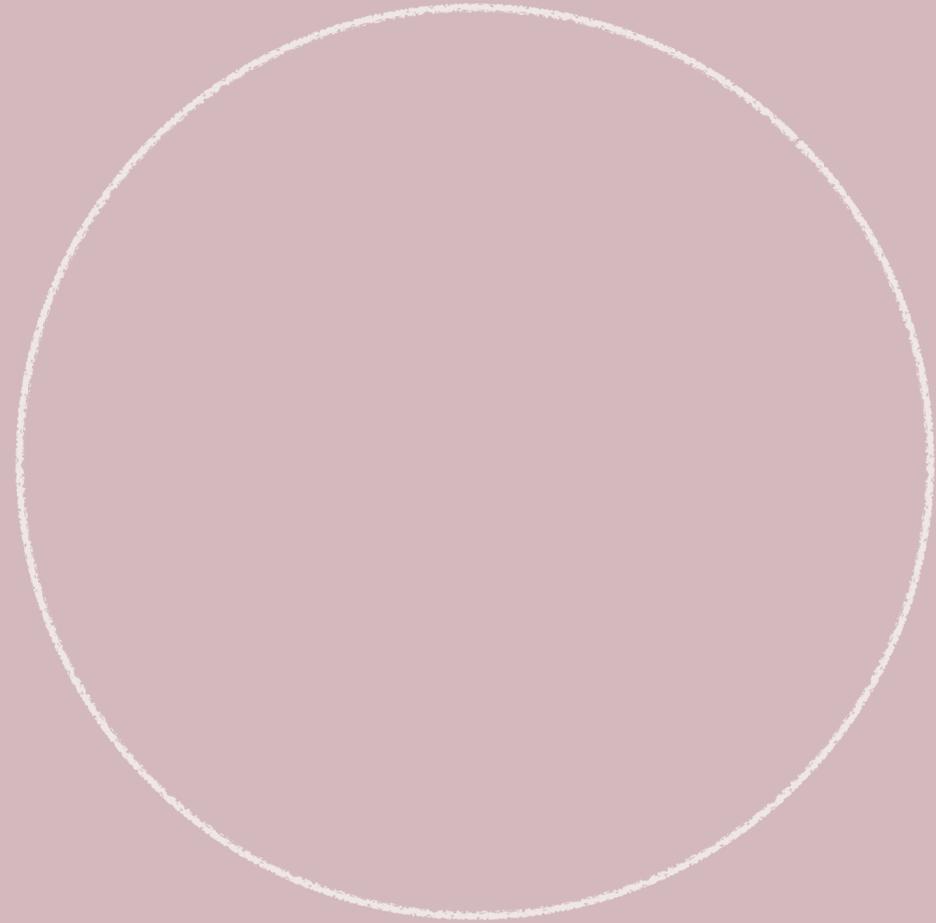
Step 1: Break it down, quarterly

Examples of focus areas and priorities

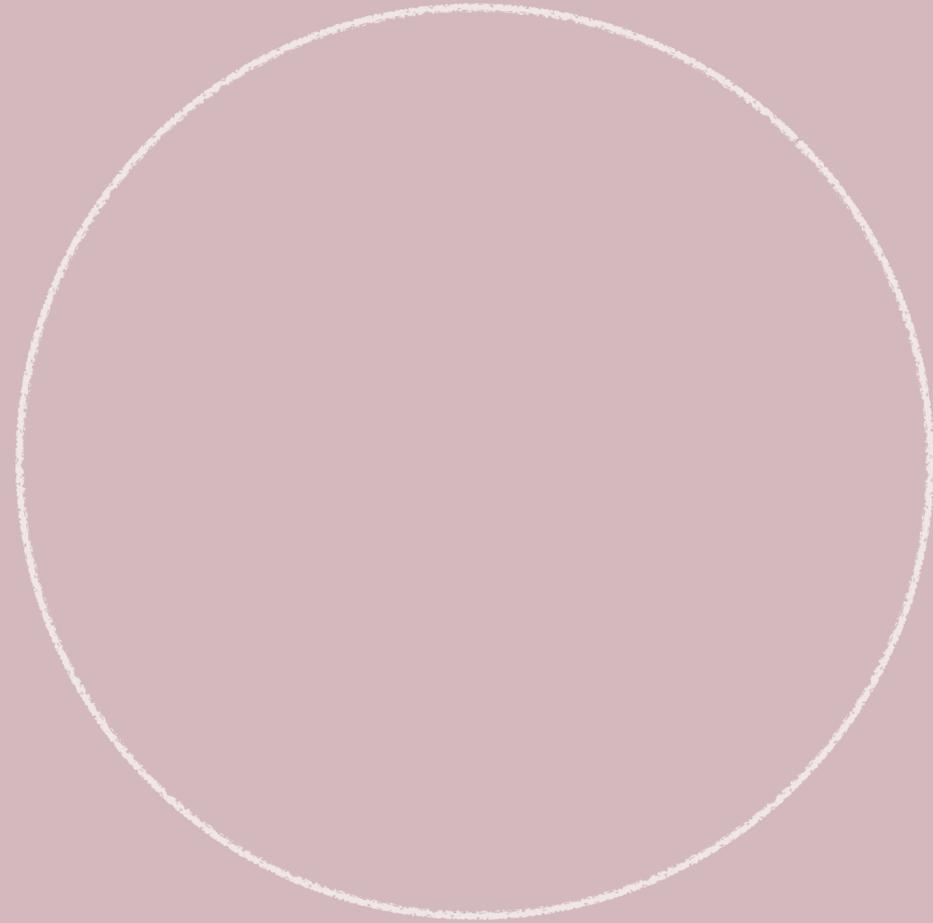
| Health and Wellness | Career and Development | Connection |
|---------------------|--------------------------|------------------------------------|
| Body Movement | Professional Growth | Connection with Community |
| Nourishment | Intellectual Stimulation | Connection with Family and Friends |
| Rest and Recovery | Financial Wealth | Connection with Self |

Pro Tip: get specific about your priority and don't categorize! If you're focused on your health and wellness, get specific on what that means!

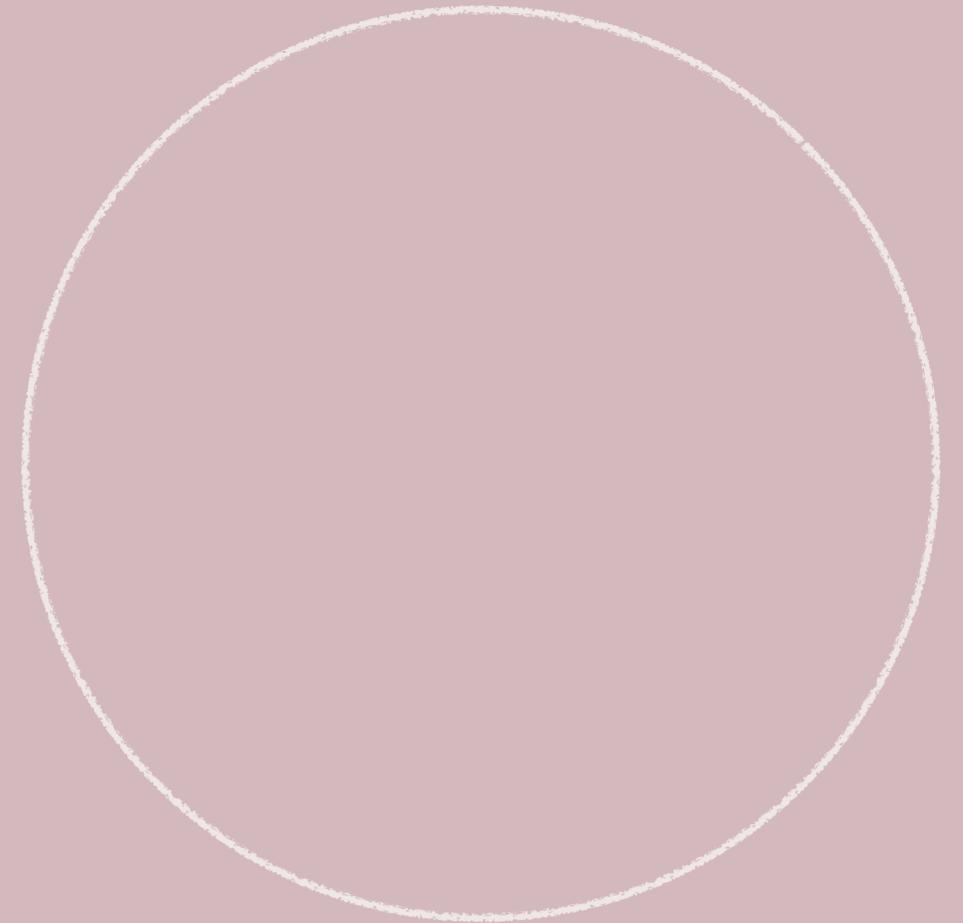
Priority #1



Priority #2



Priority #3



Step 2: Small Wins - Your Personal Calls to Action

Examples of calls to action

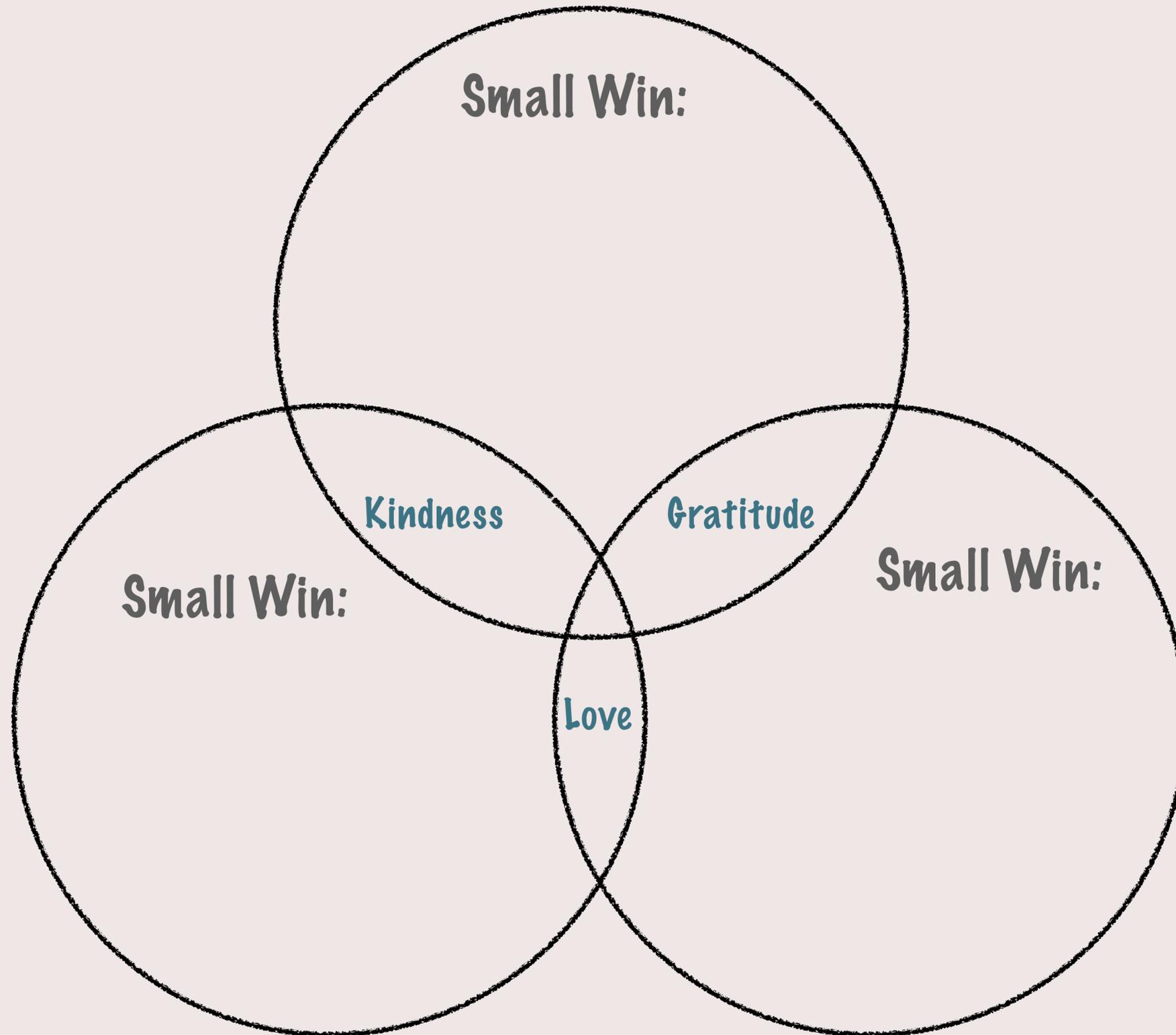
| Health and Wellness | Career and Development | Connection |
|------------------------------------|---|------------------------------------|
| Move my body for 20 mins 2x a week | Every Friday, make a list of my professional achievements | Connection with Community |
| Drink 30 oz. water daily | Read one article a week on investments and real estate | Connection with Family and Friends |
| Stretch 10 mins 2x a week | Every Friday, move \$50 to travel saving fund | Connection with Self |

Pro Tip: start small -if your goal is to save money for a summer trip, break it down to a weekly savings goals!

**Starting small helps
build consistency.**

**Consistency
produces confidence.**

**Confidence leads to
results.**



Step 3: Track Progress

Examples of how to track progress

- **Calendar tracking accomplishment of each small win**
- **Small win jars with a reward**
- **\$1 transfer to savings fund for every small win to save for something new you've been wanting**

Pro Tip: make it fun!

Month:

| S | M | T | W | T | F | S |
|---|---|---|---|---|---|---|
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| | | | | | | |
| | | | | | | |
| | | | | | | |

Legend:

**Repeat steps 1 through 3,
quarterly**

Why quarterly and why “small wins”

As the seasons change, so do our priorities.

Creating small wins in a priority area helps create foundational blocks to build on.

No matter how it appears, no one becomes successful overnight. Success is based on consistency, evaluation, reflection and growth.

Many of us stop when we miss a day or because we feel overwhelmed. That’s why tracking is important. Even if you miss a day or three, the improvements you’re making weekly, monthly, and quarterly are adding up to “big wins”

If you find yourself off-track consistently, re-evaluate and determine if you have the right “small win” (e.g. you haven’t been drinking 30 oz. water daily so you need to change to 20 oz. water daily”).

And remember, always talk to yourself with kindness, gratitude and love.

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