



ONEDEGREETO VICTORY
7-days and 21 Ways
GUIDE

HERE EVERYTHING'S POSSIBLE



GET IT NOW



WIN YOUR DAY

Welcoming new members!

3 WAYS TO WIN TODAY

ENGAGED MIND

CREATE A HOOPLA ACCOUNT

A HOOPLA DIGITAL ACCOUNT IS A GAME-CHANGER FOR PERSONAL GROWTH AND DEVELOPMENT! 🎉📖🎧

WITH HOOPLA DIGITAL, YOU HAVE ACCESS TO A VAST LIBRARY OF E-BOOKS, AUDIOBOOKS, MOVIES, AND MORE, RIGHT AT YOUR FINGERTIPS. 📱📺🎧



Mind

Engaged Body 

TAKE A 30-MINUTE WALK OUTDOORS.

Walking promotes physical well-being, boosts energy levels, and provides a space for new ideas and insights to emerge.



Body

ENGAGED SOUL

Write in a gratitude journal and list three things you're grateful for.



WRITING SHIFTS YOUR FOCUS FROM WHAT MAY BE GOING WRONG IN YOUR LIFE TO WHAT IS GOING RIGHT. IT HELPS YOU TRAIN YOUR BRAIN TO NOTICE AND SAVOR THE GOOD THINGS IN LIFE.

Soul



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LISTEN TO A WAYSTOWIN EPISODE ON THE ONEDEGREETOVICTORY PODCAST.

THE ONEDEGREETOVICTORY PODCAST PROVIDES VALUABLE INSIGHTS, INSPIRATION, AND GUIDANCE ON PERSONAL DEVELOPMENT. IT SERVES AS A SOURCE OF PRACTICAL TIPS AND TOOLS TO APPLY DAILY IN YOUR OWN LIFE. 🙌🏽🙌🏽🙌🏽



Mind

Engaged Body 

DO A 10-MINUTE STRETCHING ROUTINE


Stretching helps improve flexibility and release stress. It also provides an opportunity for mindfulness and relaxation. 🙌🏽🙌🏽🙌🏽



Body

ENGAGED SOUL

Spend 15 minutes in prayer



"DID YOU KNOW THAT THERE ARE 1440 MINUTES IN A DAY? IT'S TRUE. I DID THE MATH. DID YOU ALSO KNOW THAT ONE PERCENT OF ALL THAT TIME IS FOURTEEN MINUTES AND TWENTY-FOUR SECONDS? WHAT WOULD HAPPEN IF YOU MADE A CONSCIOUS DECISION EVERY DAY TO EXERCISE YOUR SOUL BY GIVING ROUGHLY FIFTEEN MINUTES OF YOUR TIME OVER TO GOD? JUST ONE TINY PERCENT OF YOUR LIFE WOULD YOUR LIFE CHANGE? MINE DID." (THE 15-MINUTE PRAYER SOLUTION, 3)

Soul



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Today's Highlight

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ENGAGED MIND

READ A CHAPTER FROM "YOUR PURPOSE IS CALLING" BY DHARIUS DANIELS.

THIS BOOK PROVIDES PRACTICAL WISDOM AND STRATEGIES TO HELP YOU DISCOVER YOUR PASSIONS, DEFINE YOUR GOALS, AND ALIGN YOUR ACTIONS WITH YOUR TRUE CALLING. 🌟



Mind

Engaged Body

COMPLETE A 20-MINUTE HIIT WORKOUT.

HIIT stands for High-Intensity Interval Training. It is a type of workout that involves short bursts of intense exercise followed by brief periods of rest or lower-intensity activity. HIIT workouts are designed to be intense and efficient, helping to burn calories, improve cardiovascular fitness, and boost metabolism. 🌟



Body

ENGAGED SOUL

Practice a 5-minute gratitude meditation

🌟 THIS PRACTICE HELPS DEVELOP RESILIENCE AND A MORE OPTIMISTIC OUTLOOK, ALLOWING US TO NAVIGATE CHALLENGES AND SETBACKS WITH GRACE AND GRATITUDE. 😊



Soul



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ENGAGED MIND

WATCH A TED TALK ON A TOPIC YOU'RE INTERESTED IN.

TED TALKS OFFER HELPFUL LESSONS, PRACTICAL TIPS, AND INSPIRING IDEAS THAT INSPIRE PERSONAL GROWTH AND PROMOTE POSITIVE CHANGE IN YOUR LIFE. IT'S A CHANCE TO LEARN FROM EXPERTS WHO HAVE DEVOTED THEIR LIVES TO RESEARCHING, EXPLORING, AND SHARING THEIR KNOWLEDGE IN THEIR FIELDS.



Mind

Engaged Body

PRACTICE YOGA FOR 20 MINUTES

The combination of physical and mental aspects in yoga contributes to personal growth and transformation, as it encourages exploration and expansion of physical and mental capabilities, and promotes a holistic approach to well-being.



Body

ENGAGED SOUL

Spend 10 minutes journaling about your thoughts and emotions

GRAB YOUR JOURNAL AND PEN AND LET YOUR THOUGHTS AND EMOTIONS FLOW ONTO THE PAGE! JOURNALING HELPS YOU BECOME MORE AWARE OF YOUR THOUGHTS, FEELINGS, AND PATTERNS OF BEHAVIOR, PROVIDING A SAFE AND PRIVATE SPACE TO EXPRESS AND PROCESS YOUR EMOTIONS.



Soul



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ENGAGED MIND

READ A CHAPTER FROM THE BOOK
"THE SECRETS OF HAPPY FAMILIES"
BY BRUCE FEILER.

📖 TRANSFORM YOUR FAMILY DYNAMICS AND
CREATE A STRONGER AND HAPPIER FAMILY
EXPERIENCE! "THE SECRETS OF HAPPY
FAMILIES" OFFERS VALUABLE INSIGHTS AND
STRATEGIES FOR BUILDING STRONG AND
HARMONIOUS FAMILY RELATIONSHIPS,
IMPROVING COMMUNICATION, AND CREATING
RESILIENT AND JOYFUL FAMILIES. 📖

Mind

Engaged Body

DO 15 MINUTES OF BODYWEIGHT EXERCISES
(PUSH-UPS, SQUATS, LUNGES, ETC.)

🔥 Grab a mat or find a suitable space, and dedicate 15
minutes to bodyweight exercises. As you get stronger
and increase your endurance, you'll gain confidence.
Feeling physically capable and powerful can have a
positive impact on how you see yourself. 🔥

Body

ENGAGED SOUL

Write a letter of forgiveness to someone
who has hurt you

🕊️ FORGIVENESS IS A POWERFUL TOOL FOR LETTING GO
OF THE PAST AND FREING YOURSELF FROM THE
BURDEN OF NEGATIVE EMOTIONS. BY WRITING A LETTER
OF FORGIVENESS, YOU CONSCIOUSLY CHOOSE TO
RELEASE THE GRIP THAT THE HURTFUL EXPERIENCE HAS
ON YOU, ALLOWING YOURSELF TO MOVE FORWARD
WITH A LIGHTER HEART. 🕊️

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SIGN UP FOR A LANGUAGE LEARNING APP OR WEBSITE

LANGUAGE LEARNING EXPOSES YOU TO DIFFERENT CULTURES AND PERSPECTIVES. IT FOSTERS EMPATHY, UNDERSTANDING, AND APPRECIATION FOR DIVERSITY.



Mind

Engaged Body

GO FOR A 30-MINUTE JOG OR RUN

Running involves setting goals, creating a schedule, and following through with the activity. Practicing self-discipline in fitness, can spill over into other areas of life and contributing to growth in your physical and mental wellbeing.



Body

ENGAGED SOUL

Practice a 45-minute self-care activity, such as taking a relaxing bath or enjoying a cup of tea, or glass of wine.

TAKE A BREAK FROM DAILY RESPONSIBILITIES AND FOCUS ON NURTURING YOURSELF. IT'S A SMALL INVESTMENT OF TIME THAT CAN HAVE A SIGNIFICANT IMPACT ON YOUR PERSONAL GROWTH. TAKE CARE OF YOURSELF!



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SIGN UP FOR A 7 DAY COURSE AT ONEDEGREETOVictory.COM

OUR COURSES EXPOSE PARTICIPANTS TO NEW IDEAS, PERSPECTIVES, AND KNOWLEDGE THROUGH ACTIVITIES, LESSONS, AND RESOURCES. IT SPARKS INSPIRATION, IGNITES CURIOSITY, AND EMPOWERS PARTICIPANTS TO MAKE POSITIVE CHANGES AND OVERCOME LIMITATIONS.



Mind

Engaged Body

GO ON A SIDEWALK SAFARI

A Sidewalk Safari describes going for a walk with a sense of curiosity and adventure, similar to a safari in the wild. It encourages exploration and discovery. As you walk through different neighborhoods, parks, or trails, you may encounter new sights, sounds, and experiences. This can broaden your perspective, spark curiosity, ignite a sense of adventure, and deepen your connection with your surroundings.



Body

ENGAGED SOUL

Design a vision board using pictures and words that symbolize your goals and dreams.

CREATING A VISION BOARD INVOLVES CLARIFYING AND EXPRESSING YOUR GOALS AND DREAMS. THIS PROCESS HELPS YOU UNDERSTAND WHAT IS MOST IMPORTANT AND HELPS YOU MAKE CHOICES THAT ALIGN WITH YOUR VALUES. WHEN YOU REGULARLY SEE IMAGES AND WORDS THAT REPRESENT WHAT YOU WANT TO ACHIEVE, IT HELPS YOU STAY FOCUSED AND MOTIVATED.

Soul