

THE LIMITLESS

3 Win Formula

Introduction:

Most of us end our days replaying what we didn't do, what went wrong, or what still feels unfinished.

This daily practice gently trains your mind to notice strength instead of shortage, growth instead of gaps, and progress instead of pressure.

The Limitless 3 Win Formula is not about big achievements.

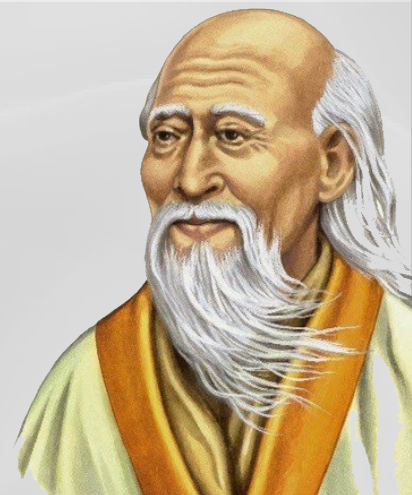
It's about teaching your brain to recognise evidence that you are capable, courageous, and constantly learning every single day.

When done consistently, this simple LIMITLESS 3 win ritual builds:

- ☀ **Confidence** without **force**
- ☀ **Self-trust** without **comparison**
- ☀ **Motivation** without **burnout**

*“ Watch your thoughts; they become words.
Watch your words; they become actions.
Watch your actions; they become habits.
Watch your habits; they become character.
Watch your character; it becomes your destiny.”*

- Lao-Tze



(also known as Laozi or Lao-Tzu)
was a Chinese philosopher credited with founding the philosophical system of Taoism.

How to Do This

So Simple & Utterly Sacred

From **Day 1 of this course**, create a **separate section** in your Limitless Journal titled:

“My Daily Wins”

And every night no matter how ordinary the day felt write down:

1. One thing you handled well

Something you managed, completed or responded to better than before.

2. One brave moment

Big or small.
Speaking up.
Resting when you needed to.
Choosing yourself.
Starting anyway.

3. One thing you learned

About yourself, others, life, your patterns, or your strengths.



If you showed up, you win.

Draw a **STAR** on any win that surprised you.
Those are often the most powerful.

Why This Works

Your mind believes what it repeatedly sees.

By recording your wins daily, you are slowly

training your brain to look for capability instead of criticism.

And one day, without effort, you'll realise:

You no longer speak to yourself the way you once did.

Weekly Reflection

(Once a Week Only)

- ☀ Which area of my life is growing the fastest for me?
 - ☀ What kind of courage am I building?
 - ☀ How has my inner voice changed since I started noticing wins?
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Closing Note From Me

There is no limit to how much you can handle.
No limit to how brave you can be.
No limit to how much you are learning & becoming.

This practice will become your quiet proof day after day that you are already far more capable than you once believed.

Collect your wins.
They are building your Limitless life

-Pooja Bedi

