

The 3x Formula

The final three months of the year are a powerful opportunity to refocus, and finish strong. The 3X Formula is all about putting in a little more effort to create greater reward in your life. Over the next three months, focus on ways to enrich, enhance, and grow the areas that matter most to you. Small, intentional actions can create change, so use this printable to reflect, set your intentions, and discover how you can make the most of the final stretch of the year.

3x MORE

- 3x more HAPPINESS (What can you do today for more joy?)
- 3x more time with spouse and significant other
- 3x more walking in a day (from 20 minutes a day to 60 minutes a day)
- 3x more tasks done: Instead of doing 3 personal & 3 business tasks done, up it to 9 personal & 9 business tasks
- 3x more rest and hours of sleep a week
- 3x more relaxation a week (more minutes spent in the hammock)
- 3x more pages of Bible read a day
- 3x more arts and crafts a week
- 3x more water drank
- 3x more fruits and veggies eaten
- 3x more time with friends & family
- 3x more podcasts listened to weekly
- 3x more swimming days a week
- 3x more Christian women's retreats planned for 2027
- 3x more Equine Gestalt coaching clients
- 3x more gift shopping in October so I have 3x more time for fun in December
- 3x more random acts of kindness toward others

3x LESS

- 3x less caffeine drank weekly
- 3x less sugar weekly
- 3x less TV weekly
- 3x less cussing weekly
- 3x less anxiety (meditate more)
- 3x less negative self talk (positive affirmations more)
- 3x less scrolling on social media a day
- 3x less gossip weekly
- 3x less procrastination weekly
- 3x less complaining weekly
- 3x less impulse spending weekly
- 3x less junk food weekly
- 3x less screen time daily
- 3x less comparing yourself to others weekly
- 3x less rushing through your day weekly
- 3x less clutter in your home weekly
- 3x less overcommitting weekly
- 3x less time spent worrying about things you can't control weekly
- 3x less perfectionism
- 3x less saying "I can't"
- 3x less time focusing on the past



LEARN MORE ABOUT HOW TO USE THIS PRINTABLE BY SCANNING THE QR CODE AND WATCHING THE YOUTUBE VIDEO.

The 3x Formula

The final three months of the year are a powerful opportunity to refocus, and finish strong. The 3X Formula is all about putting in a little more effort to create greater reward in your life. Over the next three months, focus on ways to enrich, enhance, and grow the areas that matter most to you. Small, intentional actions can create change, so use this printable to reflect, set your intentions, and discover how you can make the most of the final stretch of the year.

3x MORE	3x LESS



LEARN MORE ABOUT HOW TO USE THIS
PRINTABLE BY SCANNING THE QR CODE AND
WATCHING THE YOUTUBE VIDEO.





Let's Connect:



Did you love your experience at Happy Success Ranch Retreats? Please leave a review on Google:

https://g.page/r/CXfpNKOWMwR_EBM/review

Sign up for email newsletters here:

<https://lp.constantcontactpages.com/sl/ozoM7FY>

Subscribe on YouTube:

youtube.com/@happysuccess_ranchretreats

Follow us on Instagram:

instagram.com/happysuccess_ranchretreats

Want more information about hiring Kellie to speak?

Email kellie@happysuccessranchretreats.com

See our website here:

happysuccessranchretreats.com

Check us out on Facebook:

<facebook.com/HappySuccessRanchRetreats>

Download free printables on our blog:

<https://happysuccessranchretreats.com/blog/>