

## 10 Daily Habits

There are parts of your daily routine that will keep you focused, clear, motivated and moving forward. These are the things you do each day, which support you to positive changes in your behavior and are foundational to the fundamental shift that will improve your life.

### Ask yourself

What are the habits that would enrich my experience of life, every day?

What habits have I been successful at maintaining and what impact have they had on my life overall?

### Key points to think about

- Only choose habits you want to do
- Choose habits that give you energy
- Have fun with your habits
- Modify your habits as you wish
- Never select things that you "should" do
- Keep your habits simple

Now make you list of the “10 daily habits” that will keep you well.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

### Benefits of Your “10 Daily Habits”

You have a healthy routine  
 You have a focus  
 You have more energy  
 You are more like to maintain balance  
 Your feel GOOD