

Daily Habits

Small constructive actions taken on a daily or routine basis can quickly give you a sense of accomplishment and forward momentum. These daily habits (or success practices) form the foundation on which major change takes place.

Take a look at your Life Satisfaction Survey to get ideas for habits or practices that would support you in moving forward. What action, if taken on a regular basis, would make a difference for you in one of the areas?

These practices can be related to either your professional or your personal life (e.g., Process all incoming mail daily; exercise four times per week, etc.).

Remember those things that will nourish you and provide you with satisfaction, such as spending twenty minutes a day with your children or taking a walk in the woods three times a week, calling one close friend each day, and so on.

Action	Date
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____