

Daily Habits Worksheet

Daily Habits are small constructive actions done on a routine basis. These actions can quickly give you a sense of accomplishment and forward momentum. These daily habits form a foundation upon which major change takes place. What action, if taken on a regular basis, would make a difference for you?

Example: Walk three times a week. Take vitamins daily. Clear my email inbox daily. Meditate for 10 minutes in the morning.

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