

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 and support you in moving forward. What action, if taken on a regular basis, would make a difference for you? Remember those things that will nourish you and provide you with satisfaction, such as taking a walk three times a week, calling one close friend each day, and so on.

1. *Make your bed.*
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. *Shine your sink.*

Daily Habits Tracking Log

New Daily Habits for the Month of _____

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
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