

Daily *Habits*

Spend some time reflecting on why you want to implement these new habits and routines.

What is the daily habit you want to create?

What will developing this habit give you?

How will completing this task make you feel about yourself?

How will it change or benefit you?

What is the cost of not sticking to the new habit? (consider 10-20 years from now)

What opportunities could open up if you stick to this new habit?

How can you hold yourself accountable to sticking to this new habit?

Use your imagination to visualise yourself succeeding. Doing this actually creates neural pathways in our brain that make achieving that thing more likely!