CREATE and USE 10 DAILY HABITS

Example:

HABIT	MON	TUES	WED	THURS	FRI	SAT	SUN
No coffee	√	√	√	√	√	√	√
Write 3 pages of article	√	√	√	√	√	√	√
Do reading / research	√	√	√	√		√	√
Clear desk at end of day	√	√	√	√	√	√	√
Walk round block	√	√	√	√	√	√	√
Rest/relax	√	√	√		√	√	√
Practice piano	√	√	√	√	√	√	√
Drink 1 litre water		√	√	√	√	√	√
Reply to 10 emails	√	√	√	√	√	√	√
Write in my journal	√	√	√	√	√	√	√

Introduction

Whatever you're trying to achieve, personally or professionally, The 10 Daily Habits provide you with a daily routine which will help to keep you focused, motivated and moving forward.

Benefits of your 10 Daily Habits

- You'll instil healthy new habits
- You'll have more focus
- You'll have more energy
- You're more likely to maintain the balance
- You'll build momentum and keep moving forward

Create your 10 Daily Habits

Make a list of your 10 daily habits and create a visual display or tracking system (like the one at the top of the page) to support you in doing these each day. Try to keep a balance between work and rest. It may take some fine-tuning to create habits that work best for you. If you find yourself not doing one or two of your habits, change or replace them with ones which you find more motivating.

1.   6.

2.   7.

3.   8.

4.   9.

5.   10.