**Create Your Daily Habits**

Write down your list of daily habits (from 1 to 10) in the space provided and fill in the box underneath each day of the month that corresponds with the habits you completed that day.

The key is to select only those new habits that you WANT to do, that are a source of pleasure, fun and energy - not that you “should”, “could”, “ought to”. These are things that you will commit to doing each and every day to create positive changes in your life.

Think about activities that will enhance your experience of life every day. Something that you can easily maintain and continue do week after week.

Here are just a few examples: meditate, go for a walk, drink lots of water, call a friend, read, add value, rest, say thank you, stretch, take vitamins, keep a journal, handle unresolved matter, play with your child (children), watch no TV, listen to your intuition, etc.

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|  | **Habits** | **Mon.** | **Tues.** | **Wed.** | **Thurs.** | **Fri.** | **Sat.** | **Sun.** |
| **1.** |  |  |  |  |  |  |  |  |
| **2.** |  |  |  |  |  |  |  |  |
| **3.** |  |  |  |  |  |  |  |  |
| **4.** |  |  |  |  |  |  |  |  |
| **5.** |  |  |  |  |  |  |  |  |
| **6.** |  |  |  |  |  |  |  |  |
| **7.** |  |  |  |  |  |  |  |  |
| **8.** |  |  |  |  |  |  |  |  |
| **9.** |  |  |  |  |  |  |  |  |
| **10.** |  |  |  |  |  |  |  |  |