

Daily Habits Worksheet

Daily habits are small constructive actions done on a regular 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 in one or more areas on your wheel of life?

Examples: Walk three times a week. Take vitamins daily. Meditate for 10 minutes a day.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____