

Lifestyle Changes For A Better Living

PERSONAL WORKSHEET

1. NEW MORNING RITUAL
2. KIND ACT FOR TODAY
3. WAKE UP EARLY. WHAT DID YOU DO IN THE FIRST 30 MINUTES?
4. SOMETHING NICE YOU DID FOR OTHERS TODAY
5. WHAT DID YOU NOT COMPLAIN ABOUT TODAY?
6. KEEP IN MIND: NEVER SEND MESSAGES OR CALL WHENEVER YOU'RE MAD. DON'T EVER WASTE TIME CRYING OVER YOUR PAST. LET GO OF YOUR NEED TO PERFECT EVERYTHING. EAT SLOWLY AND APPRECIATE YOUR MEAL.
7. WHAT ARE YOUR GOALS FOR THIS WEEK?
8. DON'T SKIP BREAKFAST. WHAT DID YOU HAVE FOR TODAY?
9. SOMETHING NEW YOU DID TODAY:
10. REMIND YOURSELF: BE MORE MINDFUL OF YOUR ACTIONS. ALWAYS SAY "THANK YOU" AND MEAN IT. CRITICIZE LESS.
11. DON'T COMPARE YOURSELF TO OTHERS.
12. ORGANIZE YOUR CLOSET. HANG. FOLD. ELIMINATE.
13. WHAT SOMETHING HEALTHY YOU HAD TODAY?
14. WHAT REAL NEWS YOU HAD READ TODAY?
15. GET IN TOUCH WITH YOUR PARENTS
16. TOP 3 PRIORITIES TODAY
17. UPGRADE YOUR WATER DRINKING GAME: CHECK HOW MANY YOU HAD TODAY
18. WHAT'S YOUR 15 MIN. WORKOUT TODAY?
19. GATHER ALL THINGS PAPER TODAY (EG. RECEIPT) DECIDE WHAT TO ELIMINATE AND KEEP

WHAT IMPROVED?

WHAT ARE YOU CURRENTLY WORKING ON?

WHAT'S NOT WORKING?