



Habit Checklist

What is on the other side of HABITS?

Good habits can truly serve you. Serve you into becoming the BEST you.

On the other side of consistent practice lies the good stuff:

Confidence, Self-Worth, Peace, Abundance, Self-Love, and PURPOSE.

Where can you step up your consistency and, in turn, step up your *whole life*?

And put actions where words and desires are?

Do these practice and habits more often than you don't, and see what happens.

Fill in a few of your own, like writing, journaling, organizing one thing, or whatever you'd like to see more of in your life.

DAILY HABIT GOALS:

- Meditation
- Exercise
- Self-Love Mirror Work: 5 Minutes
- Read a few pages of a book (not fiction)
- Do one nice thing for someone else
- Water: 1 2 3 /Liters
- Manifestation Visualization: 5-10 Minutes
- Make Your Bed
- Write Down 5 Things You Are Grateful For
- _____
- _____
- _____

REMEMBER! It's about PROGRESS, not PERFECTION!