



Strengthen Good Habits

Daily Rituals, Reminders, Ideas & Suggestions

Morning Ritual

1. Gratitude
2. Exercise
3. Meditation
4. Visualise
5. Goals Check
6. Affirmation
7. Quick Win

Throughout Your Day

1. Take breaks
2. Mindfulness check in.
3. Grounding mini meditation
4. Values reflection
5. Quote / Modelling Mentor
6. Applying Wisdom
7. Pushing Boundaries

Evening Ritual

1. Journaling
2. Gratitude
3. Review progress
4. Celebrate
5. Relax & rewards
6. Reading / Listening
7. Explore Ideas

Key Questions

1. Am I focused on today's most important tasks?
2. How will I handle setbacks effectively?
3. How can I stay positive even under difficult circumstances?
4. How does this fit with my ultimate life purpose, mission, and legacy?
5. Who can help me?
6. Who can I help?
7. What's working well? What's not? Why?

Overcoming Self Doubt

1. Identify Worry
2. Reframe as a Problem
3. Evaluate Options
4. Draw upon past success
5. Get expert help
6. Take action
7. Adjust approach as required

Overcoming Procrastination

1. Recognise the block
2. Walk it off
3. Process mental blocks
4. Start another task
5. Recalibrate your vision
6. Delegate
7. Get it done!

Set the intention in motion - Build good habits daily