

Potential Habits

Home functioning:

15 min clean sweep

1 deep cleaning project weekly

Put keys, purse, wallet in their home daily

Process mail daily

Discard junk mail

Put bills and action items in their home

If you don't have time to process leave it in the box

Make your bed daily

Pick-out clothes night before

20 minutes daily to organize next day

Look at to-do list daily/take action

Organize for 30 minutes daily

Start Recycling

Pick up bath room when finished

Nutrition:

Switch out one unhealthy food for a healthy one you will love each week

Make grocery list and use it weekly

Make your food to take

Pre-prepare meals

Clean fridge every time you shop

Research 30 min daily

Supplements Daily

Self-care

Relaxation 30 minutes daily

Facial, nails, condition hair, weekly

Skin care evening routine

Exercise 40 minutes daily-

30 minutes reading a book

Listen to audio books in the car

Early to bed, early to rise makes a man healthy, wealthy and wise

Engage in hobbies weekly

Career

Write daily for x time

Schedule time to follow up on leads

Be on time-too complex to start with break it down: Be on time for what?

Get up an hour before its necessary, spend time reflecting on life, work. Maybe journal

In person networking

Socializing

Meet up with a friend weekly

Chat with a friend daily

Plan your social calendar weekly

Money/Finances

Daily mindfulness: How much did I spend on what?

Weekly financial Overview

Pay yourself, transfer money weekly or daily into your savings