

Daily Habits U For Success

As humans we are creatures of habit. We love nothing more than finding a rhythm or routine that we like, which we then happily stick to without giving it a second thought, because - well, why would we when we're comfortable and it works for us?



- ☐ Establish a morning routine & schedule your time.
- ☐ Stay focused: keep your daily to-do list small.
- ☐ Get outside your comfort zone & uplevel your game.
- ☐ Move your body & fuel it with healthy food.
- ☐ Create white space & reflect on the positive.
- ☐ Go to bed early / wake up at the same time each day.