

# BEST YEAR YET CHALLENGE



## Enhance Your Habits

What are your daily habits or routines? Which ones help you or hinder you?

Which habits can you let go of? How will you do this?

Which new habits will you start? How will you do this and remain accountable?

Who will help me remain accountable for my habit changes?

Rather than trying to change all at once, can I designate the most important habits to start with and assign others to Quarters 2, 3, or 4 of this year?

How will I help remind myself to start with my own priorities, not someone else's?

3 Daily Questions: Ask them daily in the shower to start your day off right!

1. What am I excited about today?
2. What might trip me up today that I should be prepared for?
3. Who can I surprise or show gratitude to today?

Once I start my daily work, begin with the biggest and most impactful project I have for the day. Save inboxes and social media for AFTER I have accomplished at least one important task on my list. Deal?