EVALUATING DAILY HABITS

Use this to help identify your most consistent patterns and see if they are in alignment with your life goals.

- How do I usually start my day?
- Who do I spend the most time with?
- What do I usually do on a daily basis?
- Where do I go most often?
- What am I eating every day?
- What do I spend the most time thinking about?
- What do I spend the most time talking about?
- Who do I spend the most time talking to?
- What am I listening to on a daily basis?
- How do I usually end my day?

FOR ALL ANSWERS ASK:
"Does This Align With My Life Goals? Why or Why Not?"
"What Do I Need To Do Different on A Daily Basis?"

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