

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?"