

Daily Winning Routines Worksheet



Instructions

Use this worksheet to build daily habits that support your priorities, reduce stress, and strengthen your path toward success.

How to use this tool:

- 1. Write down your top three priorities in life right now.*
- 2. List your top three stressors, the things most likely getting in the way of your success or wellbeing.*
- 3. For each new habit you want to build, identify how it supports a priority or reduces a stressor.*
- 4. Define the reward or benefit you expect from practicing the habit.*
- 5. Choose a start date.*
- 6. Note what you need to *BE* (e.g., consistent, disciplined) and what you need to *HAVE* (e.g., tools, support, resources) to maintain the habit.*

My Top 3 Priorities

1. _____
2. _____
3. _____

My Top 3 Stressors

1. _____
2. _____
3. _____

Success Habits Planner

New Habit #1

New Habit	Details
What is the new habit?	
Which reward(s) is associated with this habit?	
When do I want to start this habit?	
Need to BE	
Need to HAVE	

New Habit #2

New Habit	Details
<i>What is the new habit?</i>	
<i>Which reward(s) is associated with this habit?</i>	
<i>When do I want to start this habit?</i>	
<i>Need to BE</i>	
<i>Need to HAVE</i>	

New Habit #3

New Habit	Details
<i>What is the new habit?</i>	
<i>Which reward(s) is associated with this habit?</i>	
<i>When do I want to start this habit?</i>	
<i>Need to BE</i>	
<i>Need to HAVE</i>	

Hope this exercise has proven useful!
We wish you a happy and fulfilled life!

Warm regards from team at head2heart!!

Thank you!!