

## 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
<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 #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!!*

l2h  
Thank you!!