



Develop Daily Habits that Keep You Focused and Motivated

Coaching Material

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By Dr. Robert Huizenga - Providing tips, information and personal
guidance on breaking free from the affair

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Lesson 5. Create and use 10 Daily Habits

LESSON 5: CREATE AND USE 10 DAILY HABITS

MY 10 DAILY HABITS

1.	Floss	✓	✓	✓	✓	✓	✓	✓	✓
2.	No TV	✓		✓	✓	✓	✓	✓	✓
3.	Read	✓	✓	✓	✓		✓	✓	✓
4.	Add Value	✓	✓	✓	✓	✓	✓	✓	✓
5.	Bike Ride	✓	✓	✓	✓	✓	✓	✓	✓
6.	Rest	✓	✓	✓		✓	✓	✓	✓
7.	Veggies	✓	✓	✓	✓	✓	✓	✓	✓
8.	Love		✓	✓	✓	✓	✓		✓
9.	Nails	✓	✓	✓	✓	✓		✓	✓
10.	Simplify	✓		✓	✓	✓	✓	✓	✓

KEY POINTS:

1. Only choose habits that you **WANT** to do.
2. Choose habits that **GIVE** you energy.
3. Have fun with your habits.
4. Modify your habits as you wish.
5. Never select things that you should do.
6. Keep your habits simple.



THE **PERSONAL**
FOUNDATION PROGRAM

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Introduction

There is a daily routine which will keep you focused, clear, motivated and moving forward. We call that routine the 10 Daily Habits. These are the things you do each business day which make your life better.

Key Point A. Choose Habits that you WANT to do.

There is no place for shoulds or coulds in your 10 daily habits. Instead, select or design daily habits which you look forward to and give you pleasure, but that you normally would forget to do much of the time without this type of focus.

Key Point B. Choose Habits that GIVE you energy.

Most of the 10 Daily Habits that actually work for people are the ones that add to the person's well-being or energy flow. It might mean that you do something like have 6 vegetables a day, or that you stop something such as watching television or eating after 7pm. We find that a 2:1 ratio of doing instead of stopping works pretty well.

Key Point C. Modify your 10 Daily Habits, as needed.

It takes some fine-tuning to have the 10 habits that work best for you. If you find yourself not doing one or two of your habits, change or replace them with ones which come naturally.

Ask Yourself...

- What would be the habits that would enrich my experience of life, every day?

Coaching Tips

- Pick the ones you really want, not the ones that you should do.
- Set up a visual display to track your 10 habits each day (if this type of thing works for you).

Benefits of your 10 Daily Habits

- You have a healthy routine.
- You have a focus.
- You have more energy.
- You are more likely to maintain balance.
- You'll feel good.

Area A. Create your 10 Daily Habits

Make a list of the 20 daily habits that you could do. Then scale it down to 10 and create a visual display or tracking system to support you in doing these each day.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

16. _____
17. _____
18. _____
19. _____
20. _____

Personal Foundation Idea Bank

Thank one person a day	Go the extra mile for a client or customer	Go with my intuition at least once each day
Grape Nuts for breakfast	Drink tea instead of coffee	Meditate for 20 minutes
No television	Be in bed by 10pm	Write in my journal
Read stuff I really want to read	Walk 3 miles each morning	Take a bath with special minerals
Spend an hour with my children	Say No most of the day	Take my vitamins
Offer to help someone	Make my bed	Handle one unresolved matter

Credit: When you have selected your 10 Daily Habits and have done them ALL for one day, give yourself credit by filling out Area A of Lesson 5 on the Personal Foundation Chart.

Area B. A full week of 10 Daily Habits You can do it!

Credit: When you have successfully completed your 10 Daily Habits for 5 days in a row, give yourself credit by filling out Area B of Lesson 5 on the Personal Foundation Chart.

Area C. A full month of 10 Daily Habits. Wow. This is tough. Go for it!

Credit: When you have successfully completed your 10 Daily Habits for an entire month (5 days a week), give yourself credit by filling out Area C of Lesson 5 on the Personal Foundation Chart.

Congratulations! This shows you are committed to having each day be yours and be all that it can be.