

## Daily Habits

Small constructive actions taken on a daily or routine basis can quickly give you a sense of accomplishment and forward momentum. These daily habits (or success practices) form the foundation on which major change takes place. Take a look at your Wheel of Life score to get ideas for habits or practices that would support you in moving forward. What action, if taken on a regular basis, would make a difference for you in one of the areas of the wheel? These practices can be related to either your professional or your personal life (e.g., process all incoming mail daily, exercise four times per week). Remember those things that will nourish you and provide you with satisfaction, such as spending twenty minutes a day with your children or taking a walk in the woods three times a week, calling one close friend each day, and so on.

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