

YOUR HABITS AUDIT

List your current daily and weekly habits. Mark each as **SUPPORTIVE** to your business or personal growth or **UNSUPPORTIVE** to your business or personal growth.

Habit	Supportive?
	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<input type="checkbox"/> Yes <input type="checkbox"/> No

Which habit hurts your progress the most right now?

What habit helps your progress the most right now?