



CREATING NEW HABITS

Below is a framework to help you create routines and habits that will enhance your life. There is a habit tracker you can add whatever habits you want to start/stop and then keep yourself accountable.

I have also provided a list of ideas that you can use to help get started. Do not feel like you have to do them all, they are just ideas. I have 2 rules when it comes to coaching:

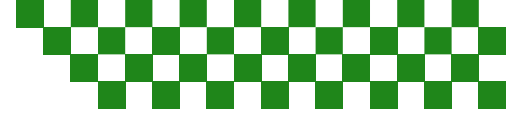
- 1.be realistic
- 2.be consistent

if you can follow these 2 rules, you will succeed!

Please reach out if you need help with creating goals or sticking to them!



WEEKLY HABIT TRACKER



HABITS LIST	M	T	W	T	F	S	S
1							
2							
3							
4							
5							
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NOTE





IDEAS FOR NEW HABITS

Routine:

- 1 Wake up earlier
- 2 Create a better morning routine
- 3 Create a better night time routine
- 4 Go to bed earlier
- 5 Read before bed / more
- 6 Upgrade skincare routine
- 7 Red light therapy
- 8 Start reading Bible every morning

Body:

- 1 Move body more
- 2 Workout ___ number of days
- 3 Lift weights more
- 4 Get ___ number of steps in a day
- 5 Stretch more
- 6 Get a massage ___ a ___

Continued below...



IDEAS FOR NEW HABITS

Diet

- 1 Drink more water
- 2 Drink less sugary drinks
- 3 Drink less alcohol
- 4 Eat more whole foods
- 5 Eat less refined sugar
- 6 Eat ____ grams of protein each day
- 7 Eat ____ number of calories each day
- 8 Eat ____ number of fiber each day
- 9 Start eating more ____
- 10 Stop eating/drinking ____

Home

- 1 Ten second tidy each day
- 2 Deep clean a room every ____
- 3 Clean kitchen every night before bed
- 4 Purge items to reduce clutter



IDEAS FOR NEW HABITS

Self

- 1 Try something new each month
- 2 Stop talking to myself negatively
- 3 Do something just for me
- 4 Read ___ self help books a month
- 5 Say “no” to things that don’t bring me joy
- 6 Spend time outside everyday
- 7 Spend more time talking with God
- 8 Develop a skill I always wanted to learn
- 9 Find a hobby you love doing and do it
- 10 Ask a friend to coffee/lunch/dinner/event
- 11 Get dressed everyday
- 12 Give yourself Grace!