

22 DAILY HABITS FOR A GOOD LIFE



1. Wake up early - Do not hit snooze
2. Make your bed every morning
3. Begin your day with gratitude journaling.
4. Drink a big glass of water as soon as you wake up.
5. Write out your goals.
6. Make a daily plan & focus.
7. Wear clothes that make you feel good.
8. Spend time daily focused on your faith. prayer, meditation, reading, etc.
9. Move your body at least 30 mins a day.
10. Tell yourself daily Self Affirmations
11. Set one small goal to achieve each day.
12. Feed your body well.
13. Spend time connecting with friends and loved ones. - call, write, meet for coffee.
14. Do one thing you've been putting off.
15. Spend one hour learning.
16. Check in with yourself throughout the day, be self aware and tend to what you need.
17. Do one thing that brings you joy.
18. Spend time outside.
19. Tidy one room a day.
20. End your day thinking and reviewing your day and its thoughts and feelings
21. Brain dump before bed to let the thoughts go until tomorrow.
22. Go to bed early and get at least 8 hours of sleep.