



# Healthy Habits



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Making real progress in your life starts with your daily habits. The amazing thing is that you can start making one, small, positive change at a time and end up creating an incredible life that inspires, fulfills, and excites you! Use this tool to get started. Remember to take "baby steps"! Use the next page to list all habits you want to adopt this year. Focus on one or two at a time, this way you will feel less stressed and overwhelmed. There is also a full page of examples in case you need some inspiration!



# Healthy Habits



Healthy Habits I Will Adopt This Year:



# Healthy Habits Inspiration



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- Stretch Daily
  - Save Money
  - Improve My Posture
  - Drink 7-10 Glasses Of Water Daily
  - Budget My Money
  - Wear Sunscreen
  - Meditate Daily
  - Eat Less Sugar
  - Exercise At Least Every Other Day
  - Drink Water First Thing In The Morning
  - Read Daily
  - Eat More Fruits and Vegetables
  - Set Goals Regularly
  - Start Walking/Jogging
  - Start A Morning Routine
  - Pamper Myself At Least Once A Week
  - Journal
  - Spend More Time With Family and Friends