

12 Daily Habits That Will Change Your Life



- ❖ Exercise Session
 - Boost your energy and health with a daily workout
- ❖ 2-Minute Rule
 - If it takes 2 minutes or less, do it now
- ❖ 3 Things You're Grateful For
 - Gratitude shifts your focus to what's going well
- ❖ 4-7-8 Breathing
 - Breathe in for 4, hold for 7, exhale for 8 to relax
- ❖ 5 Min Breaks Between Meetings
 - Short breaks help you recharge and refocus
- ❖ 6 Second Pause
 - Respond, don't react. Pause for 6 seconds to think
- ❖ 7 Glasses of Water
 - Staying hydrated keeps your body and mind sharp
- ❖ 8 Hours of Sleep
 - Prioritize sleep to feel rested, focused, and productive
- ❖ 9 Minutes of Meditation
 - Even a quick session clears your mind and reduces stress
- ❖ 10,000 Steps
 - Move more. Walking keeps your body and mind active
- ❖ 11 Minutes of Skill Building
 - Daily practice leads to mastery over time
- ❖ 12 Pages of a Book
 - Learn, grow, or escape-reading fuels your brain