

Habits Checklist

The Approach is the Work

Habit - Daily

1. Get fresh air
2. Move my body for 30 minutes
3. Drink 6 - 8 glasses of water
4. Eat three balanced meals, two snacks
5. Move briskly after dinner daily
6. Sleep 8 hours
7. Correct posture
8. Cleanse or eliminate
9. No Alcohol
10. No caffeine
11. No sugar
12. Don't eat after 6 pm
13. Eliminate red meat

Environment

14. Leave the room as you found it
15. Move zones every 90 minutes
16. Set limits on social media time
17. Track your time
18. Don't sleep with your phone
19. Organize your zones
20. Stand at my desk in the afternoon
21. Shorten every meeting by 15 minutes

Connecting with people

22. Put family first
23. Connect with a friend every day
24. Provide a service to someone in need
25. Provide a random act of kindness
26. Join a group for support
27. Expand your network by giving
28. Be intimate with your partner
29. Speak with someone you don't know
30. Attend a church/faith community

Intellectual

31. Research a topic of interest
32. Read daily
33. Write daily
34. Learn daily
35. Communicate better
36. Listen better
37. Share better
38. Deliver better
39. Sell better

Exercise

40. Exercise 4-5 times per week
41. Increase weights
42. Increase reps
43. Introduce a new exercise
44. Add Yoga
45. Try something from your youth

Growth

46. Meditate
47. Pray
48. Journal
49. Research
50. Rebound
51. Show up
52. Linger longer in delightful moments

Routines

53. Morning routine
54. Start your work routine
55. Stretch break routine
56. Send your work routine
57. End your work routine
58. Nighttime routine
59. Other

Preventative

58. Wear sunscreen
59. Floss after every meal
60. Take vitamins
61. Face care morning
62. Face care evening

Financial

63. Know your finances
64. Review weekly
65. Value your time as money
66. Invest in yourself
67. Spend less than you need
68. Give regularly and generously

Planning

69. Set goals
70. Plan the day
71. Assess the day - win or learn
72. Celebrate the day
73. Celebrate progress over perfection

Leading

74. Ask better questions
75. Build capability
76. Improve public speaking
77. Know your numbers
78. Start with the most important thing
79. Stop doing one thing

Other Habits

- 80.
- 81.
- 82.
- 83.
- 84.
- 85.