

Daily Habits

When you think about your daily life, what habits do you practice on a regular basis that keep you centered and focused on taking care of the most important person, YOU? List 10 things you are willing to do every day to take EXTREMELY good care of yourself. These can be anything from clearing your desk at work, taking a hot bath, and saying your morning prayers or gratitudes to exercising, buying flowers or connecting with someone you care about. Make sure your habits are things that you would LOVE to do, as opposed to what you think you should do. Treat yourself.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____