

# Powerful Daily Habits

Your daily habits can nurture you or sap you of your energy. As a coach you will be at your best by assuring your daily habits support your energy level instead of draining you. Here are some steps you can take to establish daily habits for yourself and you can also use this process with a client if you think they are ready.

1. As you go about your day, notice what things you do that are giving you energy versus causing irritation or getting in your way. A simple example may be your closet. Does it cause you frustration and irritation when you choose your clothes or is it easy? A list of examples of different areas to review is listed below to help with identifying habits. See list of examples on page 23.
2. Identify one or two things that you want to change, or add to your daily routine. Keep it to only one or two so that you can focus on this change and practice it. Research of people who are successful in changing their habits show that if you try to change too many at once you will not be successful at any change.
3. Forgive yourself and start over if you backslide on your new habit. It is not always easy to make a lasting habit change and success is much more likely if you are kind to yourself and just start back in with the habit after a setback.
4. Have a buddy who will help you be accountable. People who have a friend exercise with them are a lot more likely to stick with it. If you don't have a person to do the habit with (or this does not apply to the habit) then have a colleague who agrees to be your buddy coach and check in with each other for accountability.
5. Set a time-line for success of this new habit and at the end of that time give yourself a reward. Rewards do not have to cost anything or be very low cost. For example:
  - After 2-weeks of keeping this habit the reward will be spending an extra five minutes in a nice hot shower.
  - At 4-weeks of success, plan for a celebration time with a friend by going to a movie or having them over for a nice dinner.
6. Once you have one or two new habits go back up and start over with number one again. Repeat this until you feel like you have significantly shifted your habits for more energy.

**You know better than anyone else what is supporting you versus what has become a habit that is draining you. Following this process can change your life, one habit at a time.**

# DAILY HABITS WORKSHEET

1. Daily Habit I am going to Change, Delete or Add:

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Reward myself on this date, \_\_\_\_\_ with:

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Celebrate success on this date, \_\_\_\_\_ with:

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2. Daily Habit I am going to Change, Delete or Add:

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Reward myself on this date, \_\_\_\_\_ with:

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Celebrate success on this date, \_\_\_\_\_ with:

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# Daily Habits

Create a few daily habits that will keep you well. These habits are things that nurture you and keep you financially healthy. They will change over time and that is to be expected.

## Examples of Daily Habits:

- **Exercising:** at whatever level, doing what you enjoy (i.e., walking, biking, yoga, hiking)
- **Eating right:** eat more vegetables, nuts and fruit; eat less fats, sweets and caffeine.
- **Expense Tracking:** keep a system of where you are spending each day and this may lead to shifting habit to spend less or change your spending to be more aligned with your values. For example, change buying coffee to making it at home.
- **Reading:** pick up a good book for enjoyment, relaxation or inspiration
- **Listening to music:** get your beat on or just chill
- **Writing in a journal:** helps you focus, decompress and provides insight
- **Start being early for everything:** avoid the tension of rushing
- **Me time:** promise yourself time for “you”
- **Keep in contact:** call a friend or family member you’ve been thinking about lately
- **Meditate:** nurture your inner self by quieting the mind