

DAILY HABIT TRACKER

I am worthy of all the good my heart desires

In each box below, markdown on a scale of 1-5, how you would rate your attitude (your thoughts, feels & actions) each day as far as completing each of the daily discipline activities is concerned.

5-Outstanding, 4-As Expected, 3-Average, 2-Could Have Been Better, 1-Very Poor

Activity	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Personal/Mindset																														
Study – 1 hour																														
Visualize/Meditate – 5 -10 mins																														
Mirror Work (read goal + affirmations) 5 mins																														
Listen Self Image Script (incl goal + Affirmations) 10 mins																														
Read Daily – 30 mins																														
Body Movement/Be in Nature – 30 mins																														
Daily self care (brush teeth, face care regiment etc.)																														
Gratitude + leave 1 person better																														
						•		•			Prof	essi	onal	Busi	iness	5								•						
Share on social media																														
5 Reach outs																														
Serve 5 clients (min)																														
Study – 30 mins																														
Complete 6 revenue generating tasks																														
Set tomorrows 6 revenue generating tasks																														