

Do your Daily Habits take you Towards or Away from Your Goals?

The formula for success is really easy!

Do more of what works and less of what does not work.

So why do so many people make the same mistakes day in and day out? How is that that despite being busy and working hard every single day, they are not getting the results they want? Why does the 'to do' list never get done? Often it is because they are not clear on their goals and equally they do not have disciplined activities they do, every single day, towards reaching their goals. Then what happens is they get frustrated; the goals feel out of reach and they succumb to feeling stressed and overwhelmed.

If your current daily habits are not working – change them. It really is that simple! Most people already know what to do – they just fail to set up the daily disciplines to ensure they do them consistently. The good news is it is never too late to start.

Use this chart to get clearer on the daily habits you need to reach your goals.

Let's make it personal!

Add your name at the top of the page and in each section. Save it to your desktop or print it and paste it on the wall beside your desk. Really identify with your goals and keep them where you can see them every day.

Step 1 – Identify your goals in the right-hand column. Just pick one or two for starters. An example might be to lose weight – so set a specific weight you want to achieve and a time frame for achieving it.

Step 2 – identify some of the easy wins – what are some of the things you can do right away to get momentum? This might include identifying an eating plan that works for you; doing a grocery shop so you have the right foods in the fridge; setting up a fitness app on your phone; identifying a walking partner; getting a coach or an accountability buddy.

Step 3 - What do you need to do as a daily discipline to keep you on track? This is where it has to be realistic so set yourself up to succeed. Stick to the meal plan; meet your daily steps target; do the 15-minute online exercise programme; celebrate every day.

Do not lose hope if you have a bad day - get up and get back on the bus. It takes a minimum of 30 days to form a new habit – probably closer to 90 days, so you have to fight through until the more positive goal - attaining daily habits kick in. The alternative is not an option, especially not for leaders who need to role model great behaviour for their teams or parents who have a duty to set an outstanding example for their children

Name:

Date:

<u> </u> 's DAILY DISCIPLINES	<u> </u> 's EASY WINS	<u> </u> 's BIG GOALS

Accountability Buddy:

Review date:

To learn more about the CORE leadership development programme visit

www.lynnpeyton.com