MY HABITS.

Small, consistent habits create massive results.
Focus on the fundamentals.
Do them daily. Stack them up.
Become unstoppable.

> WE ARE WHAT WE REPEATEDLY DO. EXCELLENCE, THEN, IS NOT AN ACT, BUT A HABIT.
>
> – ARISTOTLE



THE HABIT	WHY IT MATTERS
TRAIN MY BODY Move with purpose. Build strength and resilience.	Physical strength builds confidence, discipline, and mental toughness.
FUEL MY BODY Eat real food. Nourish to perform.	Nutrition fuels your energy, mood, and long-term health.
PROTECT MY SLEEP Rest is not a luxury. It's a necessity.	Better sleep improves focus, recovery, mood, and decision-making.
STRENGTHEN MY MIND Control your thoughts. Focus on what you can control.	A strong mindset creates clarity, confidence, and consistency.
INVEST IN RELATIONSHIPS Surround yourself with people who challenge and inspire you.	Strong relationships provide support, accountability, and perspective.
TAKE PURPOSEFUL ACTION Do the work that moves you forward.	Action builds momentum. Momentum builds a life you're proud of.
+ _____	_____
+ _____	_____
+ _____	_____

WEEKLY REFLECTION

What habits went well this week?

_____

What habit do I need to improve?

_____

What will I focus on next week?

_____

HOW I CAN STACK THEM

How can I connect these habits to make them easier to do daily?

_____

_____

_____

Example: After I make my morning coffee, I will take 5 minutes to plan my day.

STRENGTH.
DIRECTION.
DISCIPLINE.

HABITS DON'T NEED MOTIVATION.
THEY NEED COMMITMENT.
ONE DAY AT A TIME.

