Sometimes a back-door approach to personal growth, business success, and happiness makes sense. Rather than chase and push hard for goals or figuring out one's life purpose, it's good to get some simple routines up and running.

I call this practice **TEN DAILY HABITS.** Things you do each day, which makes your life better.

The idea is to choose habits that give you energy and to choose habits that you want to return to.

Habits that help you learn something new.
Habits that diminish your stress.
Habits that move your business forward.
And habits that encourage creativity.

Don't worry about should(s)

Think about having more fun.
Think about being deeply inspired and moved.
Think about lightening up.
Think about using your core strengths.
And think about doing more of what you're really good at.

Stay with simple daily habits i.e. routines and tasks that are straightforward + easy.

The idea is to select or design daily habits that you look forward to doing. Habits that give you pleasure, but habits that you'd normally forget to do without this type of focus.

Most of the habits that actually work for people are the ones that add to the person's **wellbeing or energy flow.** It might mean that you do something like have 6 veggies a day, or that you stop something such as visiting Facebook or eating after 7p. We find that a 2:1 ratio of doing instead of stopping works pretty well.

Ten Daily Habits Idea Bank:
Pray or meditate
Carry out a random act of kindness
Do one thing a day to increase your wealth
Read stuff you really want to read
Write stuff you really want to write
Spend 30 minutes out in nature

Be in bed by 9p
Walk 1 mile each day
Keep a [Best Positive Self](#) journal
Practice A.M. Yoga
Connect with a friend
Relish ordinary experiences
Pick up before you go to bed and before you leave the house
Immerse yourself in music
Spend 30 minutes on a side project
Plan meals with themes (soup, pasta, beans)

Adapt as you go: This is not an all or nothing practice. It takes some fine-tuning to have the 10 habits that work best for you. If you find yourself not doing one or two of your habits, change or replace them with ones that come naturally.

Ask yourself… *What are the habits that would enrich my experience of life, every day?*

Inspirational prompt: Pick the ones you really want, not the ones you should.

Create more structure: Set up a visual display to track your 10 habits each day (if this type of things works for you.)
Set a time when something will happen.

Benefits of your 10 daily habits
You have a healthy routine
You are focused
You have more energy
Your time is used in ways that is meaningful
You feel good

Universal reminder: Habits and goals and routines that foster a sense of purpose are ones that can potentially change your life and the lives of other people.

OKAY! LET'S DO THIS!

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Janice Hoffmann. Wow Projects. Tiny Experimenter + Field Tripper.