



Sometimes taking a back-door approach to personal growth, business success, and happiness makes sense. Rather than chase after your goals or push to figure out your 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 to make 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 or life forward.

And habits that encourage resourcefulness.

Don't worry about should(s)

Think about experiencing more joy.

Think about being inspired.

Think about ease.

And think about using your core strengths.

Daily habits can do things that goal setting can't.

The idea is to select or design daily habits that you look forward to doing. Habits that are fun and 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 eat 5 veggies a day, or that you stop internet use and all electronics after 7p. I find that a 2:1 ratio of doing instead of stopping works pretty well.

Here's some easy to do daily habit ideas:

Pray or meditate

Do one thing a day to increase your wealth

Do one thing a day to improve your business

Read stuff you really want to read

Write stuff you really want to write

Spend 30 + minutes outdoors

Walk 1 mile each day

Pack your lunch

Experiment or try something new
Keep a Positive Self Journal
Make a connection with someone in real life
Pick up before you go to bed and before you leave the house
Immerse yourself in music
Spend 30 minutes on a side project
Create a morning/bedtime ritual

Adapt as you go: This is not an all or nothing practice. It takes some fine-tuning to have 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.

Stay curious: Question, nose around, and seek out habits that will enhance your life and make your day to day better and better.

Create more structure: Set up a visual display or a checklist to track your practice.

Inspirational push: Give yourself permission to do something that lights you up. Pick the ones you really want, not the ones you should.

Benefits of your ten daily habits:

You have a healthy routine
You are focused
You have more energy
Your time is used in a meaningful way
You feel good

Universal reminder: Daily actions + habits = huge shifts 😊

Or

Want to change your life?

What daily habit will make the biggest difference?

One will do. Pick one.

This one: _____. Boom!

NOTES:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

The End.

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