

# YOUR BIGGER FUTURE™ HABIT ADJUSTER

CATEGORY	MY CURRENT HABITS	HOW I CAN IMPROVE THIS HABIT?
Healthy body	I do regular exercise. I try to eat only healthy food.	Run two or three times a week and continue to eat and drink healthily but <i>monitor</i> my consumption in line with a Calory Controlled Lifestyle.
Healthy mind	I know my strengths and direct others to work to theirs.	Delegate the tasks I don't enjoy to those more suited to them - make use of the personal skills of others.
Healthy finances	Working towards developing the company and improving its value.	Study weekly reports of cash flow. Be more assertive in the development of new and beneficial products and services.
Healthy relationships	I spend as much time as possible with family. I try to keep people informed as much as possible and pass on ideas to help others achieve their goals.	Develop and improve our client communication systems. Spend more quality time with family and friends.
Healthy sense of purpose	I visualise the bigger picture and aim others towards it. I follow projects through.	Discuss my vision in more detail with colleagues and share my drive and enthusiasm.
Having fun	I play golf and enjoy motorcycling. I have a large circle of friends and enjoy socialising.	Improve my golf with coaching lessons. Take more time out for non-work-related activities!