

HABIT ADJUSTER

EXAMPLE

DATE: _____

Take stock of your current habits and chart a course for improvement. This tool empowers you to cultivate a more fulfilling and intentional daily routine and embrace positive change.

CATEGORY	MY CURRENT HABITS	HOW CAN I IMPROVE THIS HABIT?
HEALTHY BODY	I see my Personal Trainer twice per week and live a calorie controlled lifestyle five days per week.	Run once or twice per week and continue to eat and drink healthily. Monitor my consumption at weekends too.
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 do them. Make use of the personal skills of others and utilise the time to learn something new.
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. Compare prices on everyday, household bills; there could be money saved.
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. Make a split between 'work days' and 'home days' to be able to 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 running. I have a large circle of friends and enjoy socialising	Improve my golf with coaching lessons. Enter a charity run, to improve my running and make some money for charity. Take more time out for non-work related activities.