

Daily Habit Worksheet

Take some time to reflect on your daily habits. Using the list below, write down some of your daily habits and then write down how often you perform these tasks in a given week.

Examples:

Day of Week	Habit
M, W, F	Lift weights at gym for 45 minutes
Benefit: Raises metabolism and builds muscle while relieving stress.	

Day of Week	Habit
M,T,W,Th,F	Read inspirational or business-related material.
Benefit: Raises confidence and inspires me.	

Day of Week	Habit
Benefit:	
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Benefit:	

Day of Week	Habit
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Day of Week	Habit
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Day of Week	Habit
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Benefit:	
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Benefit:	

Take some time to think about these habits and decide which are productive and which can be reduced for a more efficient day and week.