

**21 DAILY  
HABIT IDEAS**  
*for a*  
**GOOD LIFE**

**1** *Wake up + go to bed* **EARLY**

**2** *Make your bed* **EVERY MORNING**

**3** *Drink a* **BIG GLASS OF WATER** *as soon as you wake up*

**4** *Work out until you* **SWEAT**

**5** *Morning + evening* **MEDITATION**

**6** *Put on* **CLOTHES** *that make you FEEL GOOD, even if you're at home today*

**7** *Write out* **YOUR GOALS** *to remind yourself what you're working for*

**8** **MAKE A PLAN** *for your day*

**9** *Spend an hour on your* **ONE THING**

**10** *Have a* **GREEN SMOOTHIE**

**11** *Do one thing you've been* **PUTTING OFF**

**12** *1 hour of* **LEARNING:** *books, podcasts, online courses*

**13** *Come up with* **5 NEW IDEAS**

**14** **POST** *a thought online - a short blog post, picture, or new idea*

**15** *Go outside for a* **WALK**

**16** *Give a* **SMILE or COMPLIMENT** *to a stranger*

**17** **DECLUTTER** *1 item every day*

**18** *Send someone you know a* **NICE MESSAGE**

**19** **GRATITUDE** *Think of 3 things you appreciate in your life*

**20** **REVIEW** *the day - what* **WORKED?** *What* **DIDN'T?**

**21** **MAKE A LIST** *for tomorrow to clear your mind before you sleep*