

EVOLVING  
CONSCIOUSLY

HELPING YOU LIVE MORE  
INTENTIONALLY TO BRING  
MEANING, PURPOSE AND  
FULFILMENT IN LIFE

*Bhushan Vaidya*



COACHING TOOL

# DAILY SUCCESS HABITS

# INTRODUCTION

Habits are ingrained actions we perform daily with little conscious thought. They shape our behaviors and outcomes, influencing both positive and negative directions, and can either aid or hinder the achievement of our goals. Habits can contribute to stress levels, align with or contradict our values, and serve as pathways to success or barriers to it.

Changing behavior necessitates changing habits. This guide aims to assist you in identifying and cultivating daily habits that promote your goals and overall success.

# INSTRUCTIONS

To begin, identify your three highest priorities in your current life. Consider areas such as health, family, career, or finances within your Wheel of Life. Be specific when naming each priority.

Next, pinpoint your top three stressors—factors likely impeding your goal achievement or the establishment and maintenance of healthy habits conducive to success.

Subsequently, outline one or more habits you believe will support a primary priority or alleviate a significant stressor.

Detail the rewards or benefits associated with each habit you identify.

Specify a start date for implementing each new habit.

Additionally, list the qualities you need to embody (e.g., consistency, patience, engagement) and the resources required to foster and sustain each habit (e.g., family support, nutritious food, exercise gear, comfortable footwear).

# DAILY SUCCESS HABITS WORKSHEET

My top 3 priorities	My top 3 stressors
1	1
2	2
3	3

<b>Habit</b>	<b>Reward (s)</b>	<b>Start</b>	<b>Need to Be</b>	<b>Need to Have</b>

"Motivation is what gets  
you started. Habit is  
what keeps you going." -  
Jim Ryun

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