

# HABITS & ROUTINES FOR SUCCESS WORKSHEET

JO & COACHING

# YOUR PATH TO PROGRESS: PLANS → HABITS → ROUTINES

"We are what we repeatedly do. Excellence, then, is not an act, but a habit." - Aristotle

**Define Your Goal:** What is the specific outcome or achievement you are working towards? Get crystal clear on your aim.

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**Uncover Your "Why":** What is the deeper reason and motivation behind this goal? How will it enrich your life?

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"He who has a why to live for can bear almost any how." - Friedrich Nietzsche

**Reverse Engineer Your Plan:** Progressively break down the steps required to reach your goal over a realistic timeline. Plan incremental milestones.

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"A goal without a plan is just a wish." - Antoine de Saint-Exupery

**Install One Habit At A Time:** Habits are behaviors repeated until automatic. Identify habits aligned with your plan and systematically introduce one new habit at a time through dedicated practice.

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"Motivation gets you going, but discipline keeps you growing." - Unknown

Examples: Waking early, dedicating daily practice time, meal prepping, etc.

**Design Your Routine:** Routines are the structured regimens and rituals that lock in habits as natural, recurring patterns. Architect routines that make prioritizing habits feel effortless.

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"The chains of habit are too weak to be felt until they are too strong to be broken." - Samuel Johnson

Examples: Evening wind-down ritual, weekly review, morning ritual, etc.

**Align + Optimize:** Continually refine how your goals, habit plans, and established routines interlock and complement each other for maximum consistency and sustainability.

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"The secret of your success is found in your daily routine." - John C. Maxwell

**Embrace Patience:** Real transformation takes diligence. Show up consistently. Positive compounding will naturally rewire old patterns as new routines solidify over time.

"It's not what we do once in a while that shapes our lives, but what we do consistently." - Tony Robbins

**Stay Motivated:** Revisit your "Why" whenever you need an inspirational reminder of the person you are becoming through this journey of intentional growth.

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"The only way to achieve the impossible is to believe it is possible." - Charles Kingsleigh

# THANK YOU!

I hope the blog post and worksheet help  
you reach your dreams.

Hugs, Jo.

Jo & Coaching

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