

A modern office desk with a laptop, a chair, and a large potted plant. The scene is dimly lit, with a warm, brownish-orange color palette. The desk is on the left, with a laptop and a mouse. A chair is in the center, and a large potted plant is on the right. The background features a window with a grid pattern.

HABITS & ROUTINES FOR SUCCESS WORKSHEET

JO & COACHING

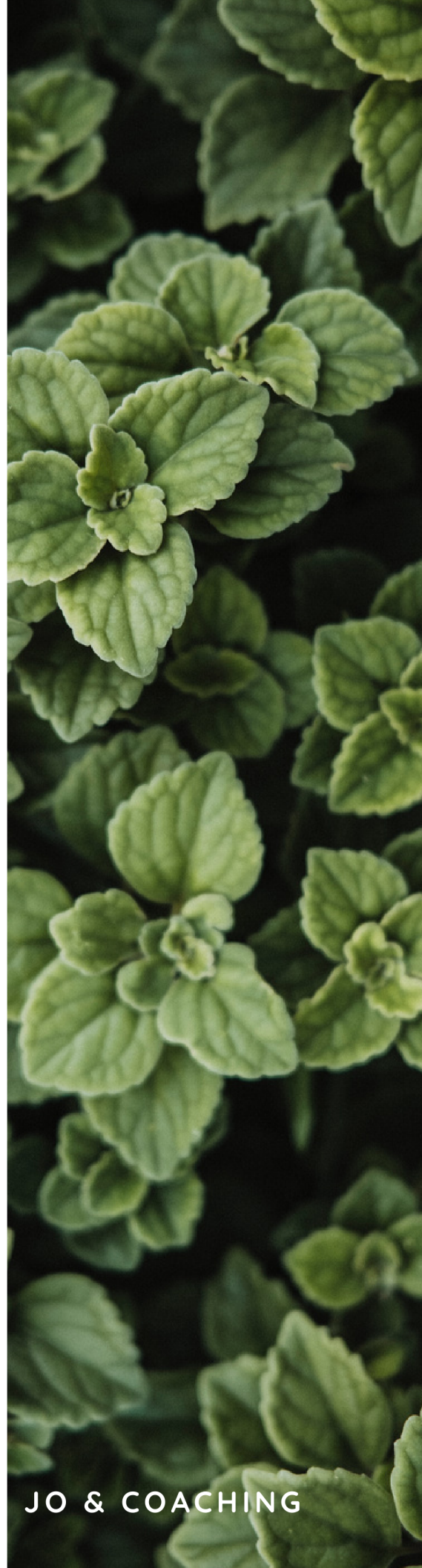
YOUR PATH TO PROGRESS: PLANS → HABITS → ROUTINES

"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.

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

"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.

"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.



"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.

"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.



"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.

"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.

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