



5 DAILY RITUALS - CHECKLIST

CHALLENGE: MAINTAINING CONSISTENCY OVER TIME

JOURNAL

JOURNAL

- EVERYDAY
- SCHEDULE A TIME
- PAPER, TABLET OR COMPUTER

ENTER YOUR METRICS

ENTER YOUR METRICS

- YOUR HEALTH
- YOUR WEALTH
- YOUR GROWTH

SET A GOAL

SET A GOAL

- DESCRIBE WHAT IT IS
- TAKE STEPS TO ACHIEVE IT
- SHARE YOUR GOAL

CALL 3
PEOPLE

CALL 3 PEOPLE

- RE-ESTABLISH RAPPORT
- EXPRESS SINCERE GRATITUDE
- ASK FOR HELP TO ACHIEVE YOUR GOALS

MAKE A
STRANGER SMILE

MAKE A STRANGER SMILE

- OFFER A STRANGER A COMPLIMENT
- HOLD A DOOR OPEN FOR SOMEONE
- POSITIVELY INFLUENCE YOUR ENVIRONMENT

TAKE AWAYS

GIVE YOURSELF THE GIFT OF AN IMPROVED SENSE OF SELF, GREATER FORTITUDE, AND BRING MORE VALUE TO THE RELATIONSHIPS THAT MATTER MOST IN JUST 7 DAYS.

HAPPYGRASSHOPPER.COM

7853 Gunn Hwy #256, Tampa , 33626-1611, FL
855-232-9077