

10 Daily Habits

Keep yourself well between our sessions!

Coaching can require energy - emotional, intellectual, and physical. Given this, I want you to take extraordinary care of your well being while being coached. Only you know what this looks like, but I suggest you go much further than you ever have in this regard. The place to start is to develop a list of TEN DAILY HABITS, which keep you well. Add anything to the list that works for you. Make it your first promise to do these things for your SELF! They will and should change over time, but some examples to help you get started are:

1. Exercise – walking, yoga, running, sailing, dancing – whatever you enjoy
2. Eat right – take vitamins, more veggies, less fat/sugar, less caffeine,
3. Listen to great music
4. Read, recommit yourself to learning
5. Write in your journal
6. Start being early for everything
7. Handle an incompleteness (work on finishing something you've started but left in "limbo")
8. Under-promise
9. ?
10. ?