



Women Supporting Women©/People Supporting People©

Wellness- Mind, Body, Spirit

Daily Habits Check Sheet©

"One of the greatest powers in the world is the power of habits"

Check each habit you performed in the last 24 hours

A's:	Sun.	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.
Exercise or meditation for more than 20 minutes	___	___	___	___	___	___	___
Pray, reflect, counted your blessings before you went to bed and when started day	___	___	___	___	___	___	___
Made and kept work/life balance choices today	___	___	___	___	___	___	___
Read something inspirational or listened to some good music	___	___	___	___	___	___	___
Told yourself "I love you" or "I care for you"	___	___	___	___	___	___	___
Told somebody else you loved them or cared for them	___	___	___	___	___	___	___
Took medicine prescribed to help me stay healthy	___	___	___	___	___	___	___
Acknowledge how beautiful you were	___	___	___	___	___	___	___
Drink over 6 glasses of water	___	___	___	___	___	___	___
Gave daily attention to enhance your beauty/handsomeness- after shave/ make-up	___	___	___	___	___	___	___
Pampered yourself-special attention/treatment-massage, etc.	___	___	___	___	___	___	___
Journalled	___	___	___	___	___	___	___
Enjoyed a good meal or beverage with friends or family	___	___	___	___	___	___	___
Spent time observing and enjoying nature, sun and/or your environment	___	___	___	___	___	___	___
Hug somebody or some animal	___	___	___	___	___	___	___
Followed desired diet and/or took vitamins	___	___	___	___	___	___	___
Took care of skin including using sun screen when outside	___	___	___	___	___	___	___
Laughed, Danced	___	___	___	___	___	___	___
Chose to be happy	___	___	___	___	___	___	___
Asked for help/support	___	___	___	___	___	___	___

B's:

Sun. Mon. Tues. Wed. Thu. Fri. Sat.

Smoked over 3 cigarettes	___	___	___	___	___	___	___
Got less than 6 hours of sleep	___	___	___	___	___	___	___
Talked negatively about yourself	___	___	___	___	___	___	___
Talked negatively about somebody else.	___	___	___	___	___	___	___
Consumed over 2 glasses of alcohol	___	___	___	___	___	___	___
Took drugs that are not in best interest	___	___	___	___	___	___	___
Ate less than 3 meals /day	___	___	___	___	___	___	___
Did not get a key need met	___	___	___	___	___	___	___
Rushed and was stressed because trying to do to many things	___	___	___	___	___	___	___
Felt guilty about something	___	___	___	___	___	___	___
Drank more than 2 cups of caffeine beverage	___	___	___	___	___	___	___

Sub- Totals

A Point's- A's worth + 2 points = (number A's X 2)	___	___	___	___	___	___	___
B Point's- B's worth -3 points= (number B's X-3)	___	___	___	___	___	___	___
Extra Credit +2Took all vacation last year and did not take your computer on holiday	___	___	___	___	___	___	___

Total Points:

Goal: _____

Thoughts: Relative Improvement and Absolute Performance ;o) A= 36+, B= 32- 35 ;o)

How are you doing making choices that are healthy for your life?

What insights and feelings have you discovered?

What new choices might you make?

What support will you need?

Thoughts?