

## **Chapter 9: Assignment**

### **Daily Success Habits**

**Objective:** This assignment aims to help you identify your current habits and outline a plan to incorporate new success habits into your daily routine.

#### **Instructions:**

##### **1. Create Two Lists:**

- **Current Habits:** List the success habits you are currently practicing in your daily life. Reflect on how these habits contribute to your overall success and well-being.
  - **Implementation Guide:** Outline a specific plan for incorporating the habits you wish to adopt into your routine. Be detailed about what each habit will look like in your life.
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##### **2. Daily Success Habits to Consider:**

- **Commit to Your Word:** Make a commitment to get up when your alarm goes off to build trust in yourself.
- **Start with a Tidy Space:** Make your bed every morning to foster a sense of order.
- **Embrace Your Mornings:** Create a morning routine that allows you to start the day calmly and productively.
- **Fuel Your Body:** Prioritize a healthy breakfast and prepare meals to minimize stress and maximize energy.
- **Stay Hydrated:** Aim to drink at least half a gallon of water each day to maintain peak performance.
- **Exercise Daily:** Dedicate at least one hour to physical activity every day—no exceptions.
- **Avoid Alcohol:** Understand the negative impact of alcohol on your body and decision-making.

- **Reflect and Learn:** End each day by reflecting on your successes and identifying areas for improvement.
- **Prepare for Tomorrow:** Organize your day in advance to set yourself up for success.
- **Unwind Mindfully:** Spend quality time with loved ones and disconnect from screens before bed.

### 3. Completion Guidelines:

- Take your time with this exercise; use it as a roadmap for your personal growth.
- Commit to creating a better routine and be better prepared to handle and execute your days.

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**Outcome:** This assignment guides you to explore the crucial role of determination in achieving long-term goals, especially when motivation fades. By reflecting on past experiences where motivation alone wasn't enough, you'll gain insight into how dedication can bridge the gap when challenges arise. You'll revisit previous goals, assess how determination could have made a difference, and envision the positive impact of maintaining consistent effort. This exercise empowers you to visualize a future built on resilience, helping you solidify a mindset for lasting success.

### Additional Space

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