The goal of this exercise is to become aware of your daily habits. You'll be able to figure out which ones are helping you and *which ones aren't.* Begin by writing down every daily habit you can think of, starting at the beginning of your day.

Example: *wake up, turn off my alarm, make the bed, take a shower, etc.*

You can make this list as long or as short as you like. However, I've found that a thorough, detailed list is the most helpful in assessing one's behavior. Once you've completed your list, look at every habit you wrote down and ask yourself if it is a good habit, a bad habit, or a neutral habit.

If it is a good habit, write "+" next to it.
If it is a bad habit, write "-" next to it.
If it is a neutral habit, write "=" next to it.

Remember, the goal isn't to come up with a game plan *just yet.* I'll talk more about that in my next few emails. Right now, all you have to do is figure out which habits you want to break and which ones you want to nurture.

DAILY HABITS	POSITIVE (+), NEGATIVE (-), OR NEUTRAL (=)