

24 Habits

TO CULTIVATE AN
EXCEPTIONAL LIFE
(DESPITE LIFE'S
CHALLENGES)



CULTIVATE AN
EXCEPTIONAL LIFE

WELCOME

Life can be challenging at times. Developing healthy habits that support us physically, mentally and spiritually can help you thrive in the good times and weather the storms of life in the bad.

Habits can make or break your chances of achieving and maintaining our goals such as sticking to exercising regularly, sticking to our new healthy eating plan, help you deal with medical conditions and increase the quality of your life.

This ebook contains 24 habits that can help you build a wonderful life, despite life's challenges.

Please don't try to implement them all at once. That will just lead to feelings of overwhelm and not set yourself up for success. **Take one habit at a time.**

Here is to your success,

Leisa Watkins



24 HABITS TO HELP BUILD A WONDERFUL LIFE DESPITE LIFE'S CHALLENGES

SAVE MONEY

Financial challenges are among the most common stressors in our society. A tendency to save, rather than spend, can prevent a lot of anxiety. Imagine how much easier your life could be if you always had enough money in the bank.



EXERCISE

You're stuck with the body you were born with. It only makes sense to take good care of it. Thirty minutes of exercise each day will boost your health and make you feel better.

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GET ENOUGH SLEEP

Only you know exactly how much sleep you need, but it's probably more than you're getting on a regular basis. It's also important to start your day early and get off to a good start. This might seem contradictory, but it simply means that you need to go to bed earlier.



DRINK MORE WATER

Your body is composed primarily of water. Drinking plenty of water each day helps your body and your mind operate at full capacity.

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MEDITATE

Meditation has survived for thousands of years and has never been more popular. It contributes positively to both your mental and physical health. A daily meditation practice can reduce stress and bring you peace and serenity.



CHOOSE WISELY WHO YOU SPEND TIME WITH

Be choosy about the people you allow into your life. People have the power to elevate your life or to destroy it. Choose wisely.

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FOLLOW THE 80/20 RULE

Some actions are a lot more effective than others. Determine which actions produce the most positive results in your life and focus your efforts on doing more of those and less of the ones that don't add to your life.



HAVE A HEALTHY BREAKFAST

If you get up early and have a healthy breakfast, you're already ahead of most of the population. A good morning gives the best opportunity to have a good day.

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KNOW YOUR PRIORITIES

Know your priorities for the day. Hit the ground running by knowing exactly what you need to accomplish for the day. You'll get more done and have to make fewer decisions during the day.



REVIEW YOUR GOALS

Keep your mind focused on your goals by reviewing them for a few minutes each day.

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SPEND TIME IN NATURE

Take a walk in the woods. Sit in the park and breathe some fresh air. Ride your bike down a country road. Get away from people and spend some time with the plants, trees, and animals.



BE GRATEFUL

Practicing gratitude each day can help to prevent stress and depression. Reminding yourself that there are good things in your life brings your focus onto what's great about your life - and attracts more of the same.

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HAVE A MORNING ROUTINE

An established morning routine can save time and get your day off to a strong start.



BE CHOOSY ABOUT THE ACTIVITIES YOU PARTICIPATE IN

Spending your time on activities that matter to you brings greater meaning and fulfillment into your everyday life.



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USE A VISION BOARD DAILY

A vision board can help you gain more clarity in your life, feel a renewed sense of hope about your future, and can use help you move forward when you feel unmotivated or uninspired.



REMEMBER YOUR RESILIENT

No matter how challenging a situation might be, the Universe will never deal you more than you can handle. It's like the old saying: What doesn't kill you makes you stronger.

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SERVE OTHERS

Compliment someone. Smile at a stranger. Hold the door open for a stranger. Thank someone. Plant a tree. Being kind not only benefits the recipient, it also benefits you.



LIVE IN THE PRESENT MOMENT

Stop to smell the roses. Pay attention to the beauty around you. Pause to really taste your food. Pause and breathe deep. Live your life consciously,

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LEARN SOMETHING NEW DAILY

Learning new things can help you come up with new ideas. It can help you see things in a whole new light and achieve greater success in life.



CONNECT WITH OTHERS

Positive connections with others can elevate our mood, boost the immune system, increase happiness, and increase health longevity.

BUILD A WONDERFUL LIFE

- ✓ Save money.
- ✓ Exercise.
- ✓ Get enough sleep.
- ✓ Drink more water.
- ✓ Meditate.
- ✓ Choose wisely who you spend time with.
- ✓ Follow the 80-20 rule.
- ✓ Have a healthy breakfast.
- ✓ Know your priorities.
- ✓ Review your goals.
- ✓ Spend time in nature.
- ✓ Have a morning routine.
- ✓ Be choosy about the activities you participate in.
- ✓ Use a vision board daily.
- ✓ Remember you're resilient.
- ✓ Serve others.
- ✓ Live in the present moment.
- ✓ Learn something new daily.
- ✓ Connect with others.

NOTES

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