

Healthy Habits

Every day you make choices to strengthen habits that deplete or develop your energy. The more energy-generating habits you create, the greater your ability to be present for your work, family and friends.

Review the list of energy-boosters, checking all statements that are true for you.

Physical Energy

- I eat well, including at least five servings of fruit and vegetables daily.
- I stretch my body every day.
- I know and practice (at least once a day) some sort of breathing exercise that helps me tune into the strength and wisdom of my body.
- I don't smoke.
- I drink no more than one caffeinated beverage each day.
- I drink no more than three or four alcoholic beverages each week.
- I exercise every day.
- I get at least eight hours of sleep each night.
- I have had a full physical with the last 12 months and have been to the dentist within the last six months.

Intellectual Energy

- I read for pleasure
- I regularly take it upon myself to learn something that has no relation to my work.
- I know my net worth and am comfortable with the flow of money in my life.
- I regularly engage in some type of professional development.
- I have a mentor and a mentee.
- I take at least one complete day off work each week and have set aside time for my next vacation.
- I set aside time during each workweek to reflect on my performance pausing to consciously learn from successes and failures.
- I turn off small electronics for several hours each day.
- I have a place in my home or office where I can work uninterrupted whenever I need to.
- I have friends and colleagues who challenge my assumptions.

Emotional Energy

- I have a best friend or soul mate.
- I have a circle of friends who meet my needs for sociability and companionship.
- My friends and family accept me for who I am.
- There is nothing unspoken between me and any member of my immediate family.
- I do not have any habits that I find unacceptable.
- Everything about my home environment is just the way I want it to be.
- Everything about my work environment is just the way I want it to be.
- I have a coach, therapist or spiritual director that I can call on in times of transition.
- I laugh several times each day.
- I hug someone every day.

Spiritual Energy

- I have reflected on what “spiritual” means to me and have begun making choices that deepen my spiritual life.
- I set aside at least five minutes of quiet time every day for meditation, prayer or contemplation.
- I have a daily gratitude practice.
- I have a journal and use it.
- I listen to music I love every day.
- I notice and appreciate something about the natural world every day.
- I spend time outdoors every day.
- Upon awakening, I acknowledge the new day before I begin reviewing my to-do list.
- I know my life purpose and can articulate it in my core values.
- My work is meaningful to me.

What stands out for you?

What habits are you considering?