Your Daily Dozen

People fail or succeed one step at a time. Establish your success habits today. Your success will be built on your daily routines. Do enough of the 'right stuff' and you will succeed! Your confidence is built on small actions of minor insignificance, repeated again and again. Such simple activities can lead to major accomplishments. Your daily habits can define your future. The chart below lists simple some steps which taken everyday can help you succeed in whatever is it you wish to achieve. Tick your completed tasks each day to tally and track your progress. Personalise to suit your objectives. Total each column at the end of each month. Contact me at: www.eilidhmilnes.com Eilidh Milnes - The Confidence Coach – 0044 1270 212999

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
1. Give thanks																																
2. Family time																																
3. Goal review																																
4. Read																																
5. Quiet time																																
6. Exercise																																
7. Meal time																																
8. Create to do list																																
9. Act of kindness																																
10. Fun!																																
11.																																
12.																																