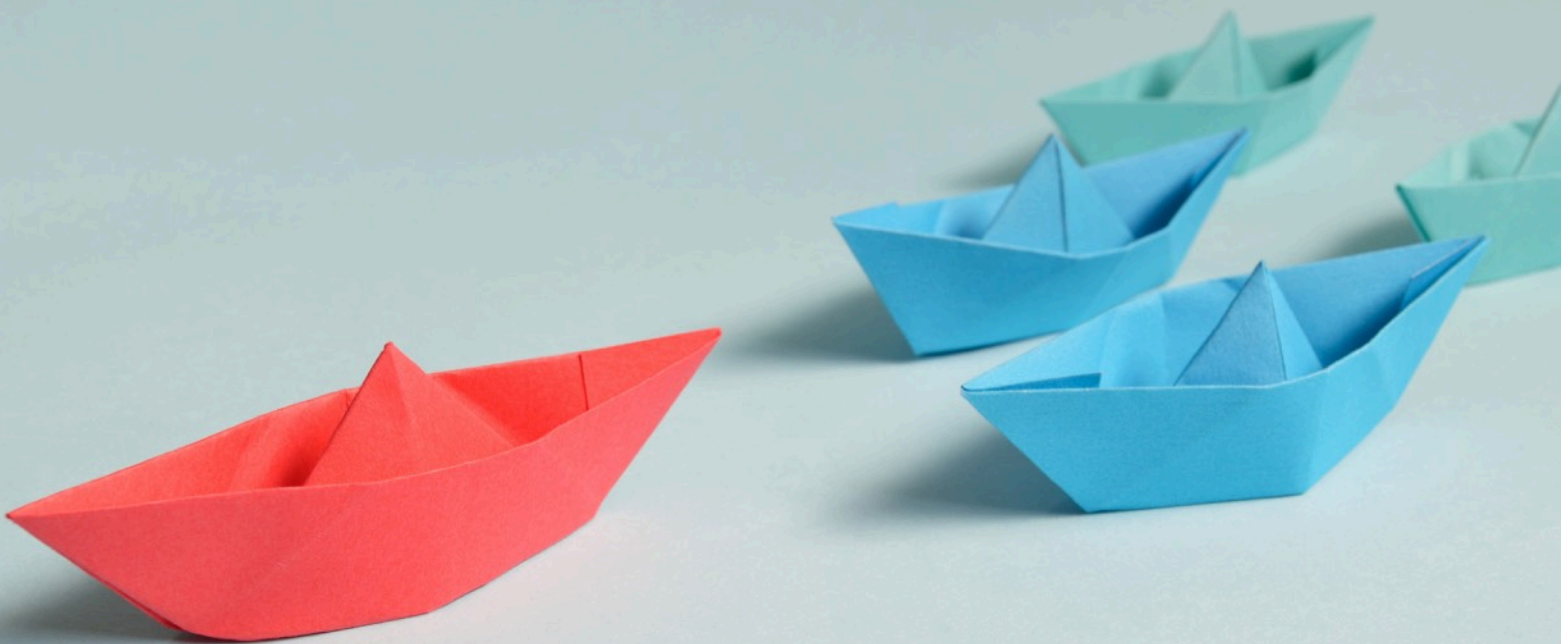


7 DAILY HABITS

OF **OUTSTANDING** LEADERS



WORKSHEET

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7 DAILY HABITS OF OUTSTANDING LEADERS

Applying the concepts to your daily life

This worksheet will guide you through the 7 daily habits and how you can integrate them in your day.

Let's begin...

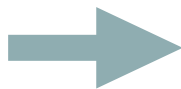
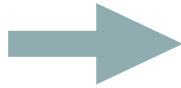
MAKE YOUR BED

1. How do you usually feel when you wake up in the morning?
Would you like to feel differently? What can you do to inspire the feelings you desire?

2. What is one practice you'd like to add to your morning or nightly routine?

ACT ACCORDING TO YOUR VALUES

1. In the first column, write down your top five core values (it's okay if they change over time). In the second column, write down one or two actions that you associate with the core value you have selected.



BE CREATIVE

1. What is one activity you'd like to add to your day that would encourage creativity?

PRACTICE MINDFULNESS

1. Do you currently have opinions about meditation? What is your experience with meditation? Is there anything that makes you nervous about meditation?

2. What is a mindfulness activity you might like?

TRUST OTHERS

1. What is one obstacle you may face when giving others direction? How might you move past that obstacle?

BE AUTHENTIC

1. What is one way you've been inauthentic in a professional setting? How can you move toward authenticity in your leadership style?

EXERCISE

1. What is one small exercise goal you'd like to achieve in the next week?