

# Daily Worksheet for Living your Dream lifestyle

Use this Worksheet every night to get into the habit of planning your next day. Make your choices, fill them in and leave it where you will see it many times during the day. Use your choices and enhance your lifestyle until it becomes a habit.

- 1. Get rid of emotional baggage:** *Choose something you want to let go, leave behind, forget about, set free, rid yourself of: - name a person, a wrongdoing, an item, a memory or a previous action.*
- 2. Add more healthy choices to your lifestyle:** *We are making lifestyle choices all day, everyday... Everyday you will add one more healthy choice until you have eliminated all the unhealthy choices. Every night decide on things where you will, from now on, always make the more healthy choice. Be it in your diet, your thinking, your actions, your interaction with others, your time management or your lifestyle.*
- 3. Never go to bed without a plan:** *A well planned day makes life a lot easier. Pay attention to the details. Know what is coming in order to handle the unexpected in between. List one action/project/job/conversation that has to be tackled and finished in the new day.*
- 4. Life is a song – dance to the tune and Smile:** *Add music to your life. Sit down and create a playlist of your favourite music. Whenever possible let it play in the background and take note of the beat and enjoy the feelings it create within you. Every night list an upbeat song which will be playing while you get ready for the day or while you are driving to work or even when you do the dishes you didn't do last night... Make the choice of moving to the beat of good music.*
- 5. Dream, Plan, then take the FIRST STEP:** *Every day you have to take a step in the right direction towards living your Dream lifestyle. It need not be huge leaps and bounds, baby steps are fine – as long as they are forward. Every night list one small or big decision you are going to make to move closer into your Dream Lifestyle. Have a definite vision, build a dreamboard with images, rearrange if necessary but, only take one off once you achieved your goal.*



Print a number of these sheets and keep them next to your bed or on your desk to fill daily:

**1. Get rid of emotional baggage:**

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**2. Add more healthy choices to your lifestyle:**

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**3. Never go to bed at night without a plan:**

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**4. Life is a song – dance to the tune and SMILE:**

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**5. Dream, Plan, then take the First Step:**

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