

YOUR HABITS MATTER.

DAILY GREATNESS

Habit Building Program

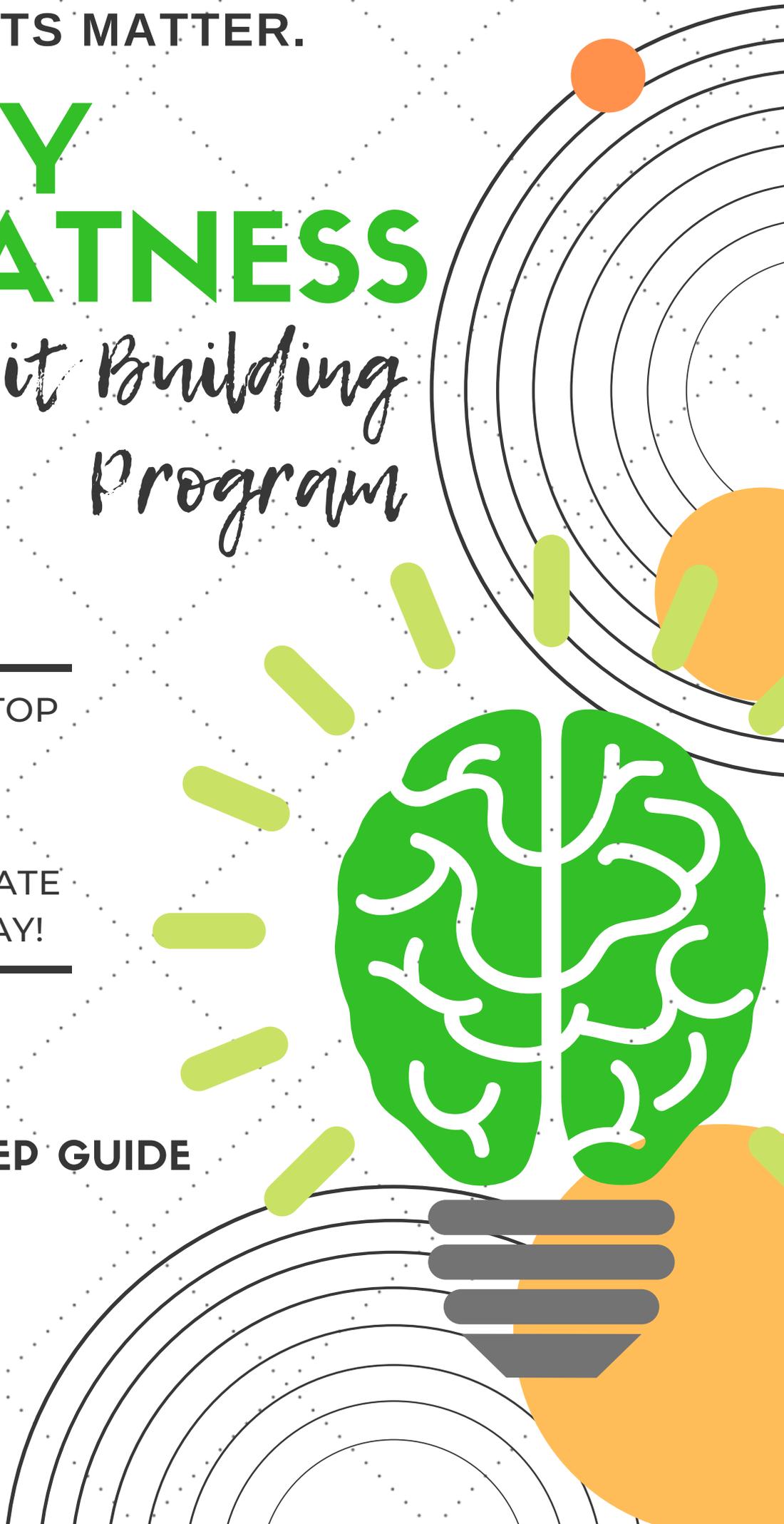
DEVELOP THE TOP

7

HABITS TO CREATE
SUCCESS TODAY!

A STEP-BY-STEP GUIDE

CROSSFIT
HERMITAGE
CFH



#1

LONG TERM GOALS

Short Term Milestones

- Healthy, successful people do not focus on short term goals, they spend their time on long term goals. They do not diet and exercise for their upcoming beach vacation or high school reunion. They have LIFE goals. They want to look great and feel great every day in LIFE. They are not hyper focused on doing things for a singular event.
- When you write your goals, focus on setting long term goals with short term milestones.
- The most effective way to set short term milestones for long term *BIG* goals is to work backwards. REVERSE ENGINEER. Picture yourself at your goal. What does that look like? What steps do I need to take to get there? Bullet point your steps all the way back to where you are now. Often times, people never work back to where they are ACTUALLY starting. So be real with yourself, and make sure the steps you create start where you are NOW.

ACHIEVABLE GOALS HAVE FIVE MAIN CHARACTERISTICS:

- SPECIFIC** → Does the goal state EXACTLY what you seek to accomplish or achieve?
- MEASURABLE** → How will you know when you have reached this goal? Can you put numbers on your progress?
- ACTIONABLE** → Can the goal be broken down into steps you can take to move forward? Have you got the resources to achieve this goal? If not, how will you get them?
- REALISTIC** → Is the goal accomplishable? Even if it's a stretch goal, is it within the realm of possibility?
- TIME-BOUND** → Does the goal indicate when you want to achieve it?

#2

PLAN AHEAD

Avoid Decision Fatigue

- Planning ahead is key to developing the lifestyle that you desire. If you simply wake up in the morning and "wing it" all day, you will fall back on old unhealthy habits when decision fatigue sets in.
- Decision fatigue is the deteriorating quality of decisions made after a long session of decision making. So what does that mean? That means that when you spend your day making a ton of decisions at work, by the time you leave, you are "decision-ed OUT"!
- If you haven't pre-planned out your dinner or even thought about it before you get in your car to leave work, you may find yourself in the drive-thru lane at your old spot. Your brain is tired, and doesn't want to have to make another decision, so it will revert to old habits. This is why planning ahead is key. You can get in your car and head home for that meal you already prepared, with no decisions to be made at the end of a long day.

“

BY FAILING TO PREPARE, YOU
ARE PREPARING TO FAIL.

”

- Benjamin Franklin

WEEKLY PLANNER

- WORK
- FRIENDS/FAMILY
- EXERCISE
- SLEEP
- MEAL PREP
- EXTRACURRICULAR

MONTH

WEEK NO.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

#3

FITNESS ROUTINE

For Your Body and Mind

- Exercise should be on your list of things you schedule in at LEAST 3x a week. This should be set on your schedule with a *non-negotiable* asterisks next to it. This means it doesn't get bumped for a happy hour or because you don't feel like going.
- If you workout in the evening and find that things keep popping up and derailing you from getting to the gym, it's time to start waking up a bit earlier and hitting the gym first thing.
- The benefits of exercise far surpass the obvious results like looking better. It actually helps increase your creativity and concentration, and boosts your energy for the rest of the day. This leads to a higher producing, more productive YOU! Body wins, brain wins!

76%

OF WEALTHY PEOPLE TAKE 30 MINUTES OR MORE FOR AEROBIC EXERCISE LIKE JOGGING, BIKING, OR WALKING EACH DAY.

FITNESS PLAN

For Mind and Body



Fitness is not just about exercise. Never underestimate the importance of active recovery (taking a walk/hiking/etc), sleep, or staying mobile. Make sure to schedule those in as well.

MONDAY

A large, empty light blue rectangular box intended for scheduling activities for Monday.

TUESDAY

A large, empty light blue rectangular box intended for scheduling activities for Tuesday.

WEDNESDAY

A large, empty light blue rectangular box intended for scheduling activities for Wednesday.

THURSDAY

A large, empty light blue rectangular box intended for scheduling activities for Thursday.

FRIDAY

A large, empty light blue rectangular box intended for scheduling activities for Friday.

SATURDAY

A large, empty light blue rectangular box intended for scheduling activities for Saturday.

#4

SHOWING UP

Keeping Your Commitments

- Show up when you make a commitment. Literally and figuratively. Keeping your word is not just important to do with others, but more importantly, keep the word you gave to yourself.
- Often times, we are the type of person who will show up for others, but when we make a commitment to ourselves, we let our self off the hook. What does this look like? This is the, "I'm going to focus on my diet and shed that 20lbs that has been lingering for far too long."... then indulging in happy hour because it's your friends birthday party.
- Become the person that keeps the commitments you make to yourself. This will not only get you to your goals faster, but this will translate into other facets of your life and breed success.

EXUDE ACCOUNTABILITY
BECOME AN INSPIRATION
KNOW YOUR WORTH

SHOWING UP

For My Commitments

What are the commitments I have made to myself this week? What are the commitments I have made to my friends/family?

TO MYSELF

TO FRIENDS/FAMILY

END OF THE WEEK REFLECTION

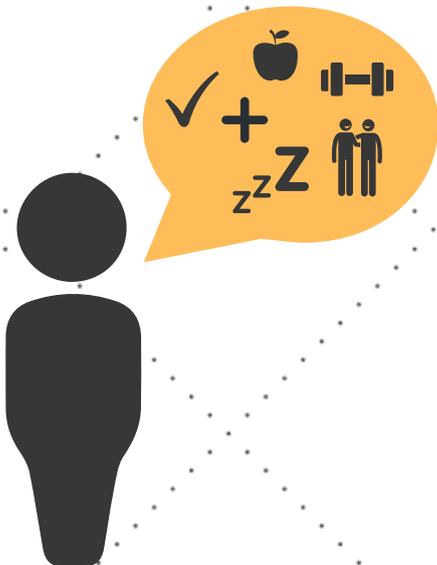
HERMITAGE
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#5

BUILD POSITIVE

Relationships

- "You are the average of the five people you spend the most time with." - Jim Rohn
- Wow. Let that sink in. It is incredibly hard to be successful and make positive changes if the people we surround ourselves with hold us back. This may look like a boyfriend/girlfriend who doesn't support your healthy eating habits. Or a long time friend who constantly complains about their significant other or job. This can become toxic to us. When it comes to our relationships, we are heavily influenced (whether we like it or not) by those closest to us. It affects the way we think, our self-esteem, and our decisions.
- Be very choosy with who you allow in your life. Let go of the negative Nancy's and pull toward you the positive friends/family who root for your success. These are the ones who will lift you up!



EXUDE ACCOUNTABILITY
BECOME AN INSPIRATION
KNOW YOUR WORTH

MY RELATIONSHIPS

at a glance

Get honest with yourself. Who in your life fills up your cup? Who drains you?

+

-

WHAT DO I BRING TO OTHERS?

#6

DON'T WASTE TIME

Learn the Value

- The old adage that "Time is Money" couldn't be farther from the truth. Time is NOT money. Time is WAY more valuable. It is the only resource you can never earn more of. We all get the same 24 hours each day.
- How you spend those 24 hours will determine whether you are successful in whatever you choose to do. This is why it's important to allocate your time based on the potential upsides of the opportunities before you.
- Do you think your idols or mentors (whether in the fitness/business/etc industry) waste time everyday on facebook, video games, or other things that don't serve their purpose?
- Time is the most valuable resource you have. Use it wisely.

PRO TIP

80/20 RULE

20% OF ACTIONS DRIVE 80% OF RESULTS. THE OTHER 80% ACCOUNTS FOR ONLY 20% OF RESULTS. SUCCESSFUL PEOPLE KNOW THAT THE TOP PRIORITIES (OR THE TOP 20%) ARE GOING TO DRIVE THE MOST IMPORTANT RESULTS. FOCUS ON THE TOP 20%.



READING IS KEY

for Self Development



Successful people don't just read for readings sake, they tend to be selective in what they spend their time on. When you choose a book to read, opt to be educated rather than entertained.



Fun fact: 88% of successful people devote thirty minutes or more each day to education or self-improvement through reading.



If that's not enough convincing, consider these other benefits of reading:

- REDUCE STRESS LEVELS (BY 68 PERCENT!)
- PRESERVE BRAIN HEALTH AND LOWER THE RISK OF ALZHEIMER'S AND DEMENTIA.
- ALLEVIATE ANXIETY AND DEPRESSION.
- HELP YOU FALL ASLEEP.
- INCREASE LIFE EXPECTANCY.
- BOOST HAPPINESS AND OVERALL LIFE SATISFACTION



BOOK LIST

by Month

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

PICK TWO BOOKS TO READ EACH MONTH