

# Aligned Action and Accountability 2020 Vision



Habits build the infrastructure for an amazing life. Consider carefully what you truly want in the areas of Health and Wealth. Identify the daily habits that will set you up to succeed. Commit to them. Choose 10 daily habits that will support to to get what you truly want. Start with a few than add as you go. We have cleared out the old barriers and created space for something new, excited, extraordinary, brilliant!

Now it's time for action. Become the kind of person that WILL make this happen. When Action is Aligned with Intention, Change is IMMEDIATE!

1. Put things away when you are done with them
2. Don't put off doing the small stuff
3. Make a spare change jar and use it
4. Save 10% of your income, in a separate savings account
5. Learn basic money management skills, use them
6. Plan your week on Sunday night
7. Plan your day, the night before you go to bed
8. Exercise daily
9. Read something every night
10. Be super focused, one thing at a time, get it done
11. Stay prepared
12. Eat a balanced diet
13. Meal plan for the week
14. Eat whole food
15. Meditate
16. Practice gratitude
17. Drink more water
18. Reset your expectations
19. Take deep breathes
20. Reach out to at least 5 people per day, network and socialize
21. Learn to say no
22. Get comfortable being uncomfortable
23. Respond to invitations
24. Stay in touch with friends and family
25. Disconnect from your phone
26. Be creative; write, sing, dance, paint, play...
27. Be conscious of your thoughts and feelings
28. Avoid multitasking, focus

29. Eliminate the non-essentials
30. Finish things
31. Floss
32. Oil pull
33. Commit to a morning ritual
34. Surround yourself with conscious, healthy, inspired people
35. Visualize, magnetize, energize, feel and radiate
36. Get up earlier
37. Clarify your highest priorities
38. Eliminate distractions
39. Set online boundaries
40. Take breaks every 90 minutes, recharge
41. Wind down
42. Stop and listen, to you and to others
43. Tell people you care
44. Ask for help
45. Identify your needs and make sure they get met, by you or others in your life
46. Make your bedroom a sleep cave. No electronics! (TV, Phone, Computer)
47. Be decisive
48. Do not let old habits creep back in, make a decision
49. Have fun and smile
50. Go where the action is
51. Trust your abilities
52. Remember "I am responsible for the effort not the outcome"
53. Excellence not perfection in everything you do
54. Forgive someone new each day
55. Spend time in nature
56. Repeat what works
57. Celebrate other people's successes
58. Plan fun activities, always have something to look forward to
59. Engage in deep meaningful conversations, get to know those around you
60. De-clutter and organize
61. Give from your heart when it feels right
62. Save for and spend money on experiences
63. Limit news consumption
64. Make others happy
65. Focus on solutions
66. Choose to be happy
67. Spend time with furry friends
68. Remember the positive
69. Focus on what's working, build on it
70. Be curious
71. Be authentic, know what is motivating you
72. Show respect for yourself and other
73. Be good to yourself and others
74. Be confident not arrogant

75. Engage with other in our facebook group
76. Make your intentions known and be accountable
77. Eliminate what is not working or keeping you stuck

Add some of your own. Share them with our group