



5 POWERFUL HABITS OF THE MEGA SUCCESSFUL

"A goal properly set is halfway reached." - Zig Ziglar



GOAL SETTING

Action step: Write down your 1 month, 6 month, and 5 year goals every day.



TIME MANAGEMENT

Action step: Write down and do what is urgent AND important first.



VISUALIZATION

Action step: Imagine how you've already achieved the results you got and what values you have given in exchange to get there



DOUBLE DOWN ON WHAT'S WORKING

Action step: Test out different things you haven't tried and double down on what works the best



EXERCISE & NUTRITION

Action step: Exercise for 5 minutes extra every other day.



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