

# Daily Practices

*Do you have daily practices that help you create what you're up to every day? Try some of these daily practices, and see what results!*

Set yourself up for success: map out your day/week/month by writing down what results you intend to produce, and the actions you will take to cause those results.

Talk to someone new today!!

Take a break! Be sure you include time to re-generate every day; even a ten minute break several times a day can increase your productivity, focus, and overall effectiveness.

Smile!! It improves your face value!

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Schedule a call every morning with someone to create your day, and get clear on what you intend to accomplish.

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Every week look to see what actions caused the results you produced this week – both the actions and the inactions, and both the desired results and the undesired ones. Then choose which actions to repeat!

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Ask someone what they would like to be acknowledged for.

Collect Names & Numbers! Never let an opportunity to get someone's name and number go by – you never know when they'll be just the resource you need to reach the next level of success!

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Speak your intentions: Communicate with at least one person every day what you intend to accomplish – the power of speaking it aloud to someone else will amaze you!

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Tell someone you usually don't talk to something that you love about your life!

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Ask people what resources they are looking for to reach the next level of success. Then you have the opportunity to see what you can provide!

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