

## Ten Delicious Habits for Your Success

Are you very busy? Does your life seem to schedule around everyone and everything else? Find yourself feeling so low you've got to look up to see down? You might get some relief in the ten delicious habits—not necessarily food habits.

Successful people tend to be very focused and intent on building their businesses, their sales, and their careers. Some are up by 4 A.M. and do a day's work by 8. They spend long hours doing business, damage control, parenting, phoning, emailing, pulling rabbits out of hats and making the numbers work. They serve their customers well, belong to networking groups, civic organizations, associations and church committees. They collapse into bed thinking about doing it all again tomorrow. Some people love it; others feel trapped and can't believe what's happened to their lives.

I ask them if they are missing the very life they are working so hard to get. "Huh??" is not an unusual response.

I say, "Give me ten habits you enjoy that bring a delicious flavor to your life." Some can't think of any.

Some give me a marvelous list, with things like fun with friends or spouse, a good book, dancing, cards, expresso, fishing, cooking, bike riding, fine wines, hiking, and more. Then I say, "Great! When is the last time you enjoyed any of that?"

Silence. And then the answer I commonly get, "You know, it has been a long time."

### Getting going

The idea is to develop habits that **you want** to do. Choose habits that don't drain you, and that give you energy, fun, satisfaction, encouragement. I had a client say, "This is hard. I can't think of more than three delicious habits." Let's get out of the box we've built around ourselves. Borrow other people's delicious habits if nothing else!

Patiently make these habits automatic in your life—and be gentle with yourself in the times you miss doing one. See if you can find someone to share ideas and who will ask about your habits now and then and support you so you don't lose your new habits when things get busy or stressed.

### Put it in your calendar if you have to

Are there things you presently love to do or used to do? Things you already do in a mechanical kind of way that you could make into a delicious habit? Are there things you might like to do, or have seen others do that you'd like to sample? This is a place to start, and see how and when you can make it work.

Also seek balance between habits you do alone and with others. It can take time to make a habit actually become a habit, so don't give up!

Why do we even need one delicious habit? I say you're worth at least ten. You're worth it if only because you want to have delicious, flavorful moments in your life. Don't you want to look forward to a little (or big) something special every day? Don't you deserve a positive break just to check in with yourself and see how you're doing? Wouldn't you like a healthier and more delicious daily routine and focus, perhaps some kind of habit that helps you regain balance and even reduce a bit of stress?

—And we can be sneaky about it. Our dog and I used to make a game out of the risky task of waking up our youngest son. Imagine the delicious habit of waking up to a wagging tail thumping your nose... The dog perfected this technique, and the fun and laughter is its own reward.

Why not make an existing habit a delicious one? "My schedule changed and I'm calling from the airport with my coffee and bagel," the flustered, weary voice said. Do you really like the coffee? Put the phone down, take a sip and enjoy it, I'll wait. This could be a delicious habit for you. Waiting. "Mmmm. I never thought of that," said the voice, now different. Calm.

What defines a delicious habit for you? Whatever you want it to be. The important thing is: practice the habit to make it work.

**General Direction**

Be kind and gentle to yourself when developing new habits, change can be difficult. It takes practice, so don't expect to get everything perfect the first time out. Since this is for **your** life, you have three options for each item.

1. When you become consistent with that item, check it off.
2. If an item does not fit what you need, rewrite it for your own purpose, check it off when consistent.
3. If you decide an item does not really matter to you, check it off because it's not a challenge for you.

**Here are some delicious habit ideas:**

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|-------------------------------|-----------------------|
| Savor the coffee or tea       | Daily walk or run     |
| Read only what I want to      | Daily Planning time   |
| Read a trade publication      | Make bed daily        |
| Prayer/devotional time        | Thank someone         |
| Play hour with my children    | Play with my pet      |
| Go out with the guys/girls    | Bubble Bath           |
| Politely say, "No" more often | Writing/journaling    |
| Plants or flower garden       | No TV                 |
| Date with significant other   | Wine and cheese       |
| Really listen to someone      | Dance/movement        |
| Games (cards, checkers)       | Hunt/fish             |
| Really nice sheets on bed     | Smile, sing           |
| Sports: golf, tennis, etc.    | Cooking, special dish |
| Teams: softball, soccer, etc. | Only healthy snacks   |
| Have friends to visit         | Movie watching        |
| Get enough sleep              | Drink enough water    |
| Just breathe now and then     | Getting flowers       |
| Check email only twice daily  | Smell the flowers     |
| Write a book                  | Meditation            |
| Keep a journal or diary       | Yoga or Tai Chi       |
| Go to a concert               | Chocolate             |
| Enjoy music                   | Picnicing             |
| Swimming, diving              | Flying                |
| Boating                       | Puppetry              |
| Astronomy, constellations     | Have favorite drink   |
| Become expert in something    | Photography           |
| Videography                   | Acting                |
| Volunteer for a good cause    | Get Massage           |

**Create your own 10 Delicious LifeChecks:**

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Date Completed 10 LifeChecks: \_\_\_\_\_

Notes:

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