


Starting the New Year Right

7 Habits for Health and Success in 2007

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- 1) **Breathe Deeply**
Relax and recharge
 - 2) **Do Nothing**
Access creativity and inspiration
 - 3) **Move My Body**
Get fit and healthy and feel energized
 - 4) **Laugh**
Enjoy life and boost immune system
 - 5) **Eat and Drink Well**
Fuel with high energy sources
 - 6) **Sleep Well**
Accomplish more with ease and fun
 - 7) **Choose My Attitude**
Create the best in any situation

The habit that will make the greatest difference in my life right now is: _____

I commit to this specific daily action: _____

With this commitment, I say YES to: _____, _____

With this commitment, I say NO to: _____, _____

My reminder structure is: _____

I share my commitment with others.