# 9 Habits That Will Change Your Life – Daily Checklist

■ 1. Do one small action that moves me forward

■ 2. Move my body and eat for energy

■ 3. Reach out to connect with someone

■ 4. Journal one emotional insight

■ 5. Read or hear one inspiring story

■ 6. Reflect on one emotion I felt today

■ 7. Have one honest conversation

■ 8. Track one habit for consistency

■ 9. Do one thing my future self will thank me for