

CAREER SUCCESS HABITS

MORNING RITUALS

- ☐ Start your day with gratitude
- ☐ Journal your thoughts and ideas
- ☐ Take 10 mins of quiet time to plan your day

FEED YOUR MIND

- ☐ Read something to grow your mindset
- ☐ Do something to increase your productivity
- ☐ Speak to a mentor to get their advice

BE INTENTIONAL

- ☐ List 3 goals that will move your career forward
- ☐ Create a to do with 3 important tasks
- ☐ Reflect on your wins and losses

LOOK AFTER YOUR HEALTH

- ☐ Drink 2 litres of water a day
- ☐ Walk 10,000 steps every day
- ☐ Have a balanced diet with multiple food groups

CAREER SUCCESS HABITS

21 DAYS HABIT TRACKER

MORNING RITUALS

FEED YOUR MIND

BE INTENTIONAL

LOOK AFTER YOUR HEALTH

HOW TO USE THE TRACKER

INSTRUCTIONS

Choose at least one task from each of the four categories; Morning Rituals, Feed Your Mind, Be Intentional and Look After Your Health.

Commit to performing them every single day for 21 days straight in order to form a habit.

Decide on what reward you will give yourself at the end of the 21 days. It can be a new gadget, a new piece of clothing or a nice meal. Choose something that will make you feel happy.

Give yourself a small buffer if you think you'd need it. For example, you are allowed to miss 1 day out of 21 days.

For additional resources, check out:

1. Personal Development Plan Template
<https://gum.co/pdptemplate>
2. Self-Assessment Worksheet
<https://gum.co/selfassessment>
3. The Creator Productivity System
<https://gum.co/thecreatorsystem>

Isabel Nyo is a technology leader with almost 20 years of experience in the tech industry, with startups to Fortune 500 tech companies.

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