

---

## My 10 Daily Habits

---

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

---

Distributed by [Lauriejohnson@4elementscoaching.com](mailto:Lauriejohnson@4elementscoaching.com)

Reproduced from material contained in Coach U's Essential Coaching Tools, published by John Wiley and Sons, 2005. Please copy for personal use only as this material is not authorized for re-sale by the publisher or by 4 Elements Coaching.