

## Scorecard on Keystone Habits

- How consistently do I include physical exercise in my daily routine?
- Have I noticed an improvement in my energy levels and focus because of my exercise habits?
- Do I regularly make healthy food choices that support my overall well-being?
- How has my diet impacted my mood, energy, and productivity?
- Am I sticking to a regular sleep schedule that allows me to get adequate rest each night?
- How does my sleep routine affect my mood and performance throughout the day?
- Do I spend time each day planning and organizing my tasks and goals?
- How has my daily planning affected my productivity and stress levels?
- How often do I set aside time to read books or other materials that expand my knowledge and creativity?
- In what ways has reading contributed to my personal growth and professional development?
- Have I incorporated meditation or mindfulness practices into my daily routine?
- How do these practices influence my stress levels and decision-making abilities?
- Do I regularly set and review personal and professional goals?
- How effectively am I tracking my progress towards these goals and staying motivated?
- How actively am I building and maintaining my professional relationships?
- How has networking contributed to new opportunities and collaborations in my career?
- Am I consistently budgeting and tracking my expenses to manage my finances effectively?
- What impact has my financial management had on my financial stability and goals?
- How committed am I to continuous learning through courses, workshops, or self-study?

- In what ways has ongoing learning enhanced my skills and kept me updated in my field?
- Do I regularly reflect on and express gratitude for the positive aspects of my life?
- How has practicing gratitude improved my mood and relationships?
- How often do I write in my journal to reflect on my thoughts and track my progress?
- How has journaling helped me with self-awareness and achieving my goals?