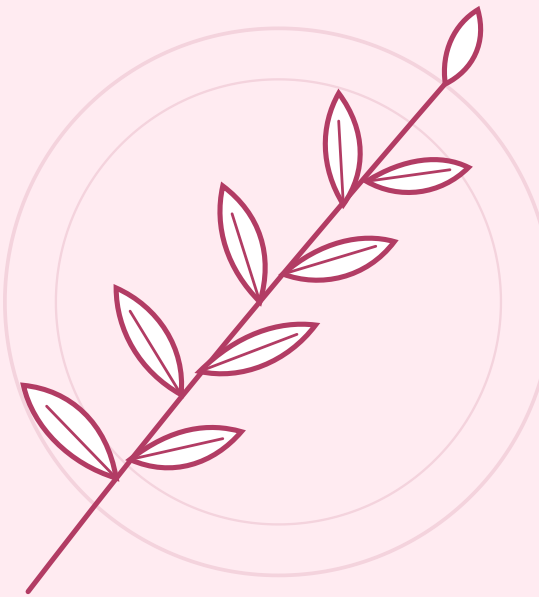
99 Good Habits

for a better life. A checklist of small, doable habits for growth, health, calm, joy and order, plus a plan, a tracker and a progress map to make them stick.



THIS CHECKLIST BELONGS TO

STARTED ON

> Tick what you already do, circle what you want next, and come back every month. Can you make it to all 99?

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START HERE

How to use this list

Ninety-nine ideas, zero pressure. Here is how to turn a long list into real, lasting change.

> You don't need a whole new life by Monday. You need one small habit, repeated until it feels like you. Then another.

HOW TO USE THIS CHECKLIST

STEP 1 · 10 MINUTES

Tick what you already do

Read the whole list and tick every habit that is already part of your life. Count them. That is your starting score.

STEP 2

Circle what you want next

Circle the habits that excite you or would make the biggest difference right now. Be curious, not strict.

STEP 3 · PAGE 08

Choose just three

Pick three circled habits for the next month. Fewer habits, done often, stick much better than many.

STEP 4

Make it tiny

Shrink each habit until it feels almost too easy: one stretch, one glass of water, two minutes of tidying.

STEP 5 · PAGE 09

Link it and track it

Attach it to something you already do: after I pour my coffee, I will… Mark a dot each day you do it.

STEP 6 · PAGE 10

Review every month

Fill in your progress map, notice what helped, and add the next habit only when the last one feels easy.

HOW HABITS REALLY FORM

Habits grow through repetition in the same situation, so the cue matters as much as the habit. Research suggests it often takes around two months for a new habit to feel automatic, and much longer for some people, so be patient. Missing a day does not erase your progress. Just try not to miss twice.

Two marks for every habit.
☐ the box: I already do this.
◯ the circle: I want to try this next.

A gentle note. This list is for inspiration and self-help, not medical advice. For health questions, talk to your doctor. If you are struggling, reach out: in the US call or text 988, or your local emergency number.

Grow a little every day

Start here: these habits make every other habit easier.

☐ I already do this ◯ I want to try this next

18 HABITS

Rapid self-improvement

NEXT

Pick one and start this week. Small and steady beats big and brief.

- ☐ 01 Wake up a little earlier and give your morning some breathing room ◯
- ☐ 02 Plan your day, even if it is just three lines ◯
- ☐ 03 Choose your top priorities before you start ◯
- ☐ 04 Get to know yourself: your values, strengths and what drains you ◯
- ☐ 05 Spend less time on mindless scrolling and browsing ◯
- ☐ 06 Listen to an audiobook on your daily commute ◯
- ☐ 07 Give yourself a small new challenge every month ◯
- ☐ 08 Listen to self-improvement podcasts ◯
- ☐ 09 Browse Quora or similar sites to learn from real experience ◯
- ☐ 10 Read psychology books or magazines ◯
- ☐ 11 Act confident, even before you fully feel it ◯
- ☐ 12 Keep TV time intentional, not automatic ◯
- ☐ 13 Research passive income ideas regularly ◯
- ☐ 14 Practice speaking in front of a mirror ◯
- ☐ 15 Keep your life in order with a life binder ◯
- ☐ 16 Track your good habits ◯
- ☐ 17 Grow your skills with online courses ◯
- ☐ 18 Set your goals and plan the steps ◯

MY OWN HABIT IDEAS

Habits that are not on this list yet but belong on yours.

Health, beauty and style

Looking after your body is the base for everything else.

☐ I already do this ◯ I want to try this next

12 HABITS

Better health

NEXT

Tie each one to something you already do, like a meal or your morning coffee.

- ☐ 19 Eat at least one balanced, healthy meal every day ◯
- ☐ 20 Stretch for a minute or two several times a day ◯
- ☐ 21 Eat without your phone or TV ◯
- ☐ 22 Don't smoke, or take one step toward quitting ◯
- ☐ 23 If you drink alcohol, keep it moderate ◯
- ☐ 24 Track your medication or vitamins ◯
- ☐ 25 Brush your teeth twice a day ◯
- ☐ 26 Take a 15-minute walk every day ◯
- ☐ 27 Keep up with regular dental checkups ◯
- ☐ 28 Move your body for about 30 minutes a day ◯
- ☐ 29 When you are unwell, rest and give yourself time to heal ◯
- ☐ 30 Let in some fresh air every morning ◯

10 HABITS

Beauty and style

NEXT

Think of these as ways to look after yourself, not rules to follow.

- ☐ 31 Keep a simple skincare routine ◯
- ☐ 32 Deep condition your hair once a week ◯
- ☐ 33 Take care of your nails ◯
- ☐ 34 Drink enough water through the day ◯
- ☐ 35 Stand and walk tall ◯
- ☐ 36 Moisturize and care for the skin on your body ◯
- ☐ 37 Treat yourself to a slow, relaxing bath now and then ◯
- ☐ 38 Clean your makeup brushes once a week ◯
- ☐ 39 Treat yourself to a new piece of jewelry once in a while ◯
- ☐ 40 Lay out tomorrow's outfit the evening before ◯

Balance and connection

Habits for a calmer mind and warmer relationships.

☐ I already do this ◯ I want to try this next

14 HABITS

Balance and mental stability

NEXT

Calm is a skill. A few quiet minutes a day add up.

- ☐ 41 Relax or meditate for a few minutes every day ◯
- ☐ 42 Spend a little time alone every day ◯
- ☐ 43 Smile at yourself when you look in the mirror ◯
- ☐ 44 Encourage yourself at least once a day ◯
- ☐ 45 Keep a thought diary ◯
- ☐ 46 Track your sleep (and your dreams, if you like) ◯
- ☐ 47 Practice turning negative thoughts into more balanced ones ◯
- ☐ 48 Catch yourself catastrophizing and ask what is most likely to happen ◯
- ☐ 49 Use calming scents you enjoy ◯
- ☐ 50 Listen to nature sounds ◯
- ☐ 51 Relax in the soft light of a safely placed candle ◯
- ☐ 52 If you are religious or spiritual, make time to pray or reflect ◯
- ☐ 53 Plan your self-care like an appointment ◯
- ☐ 54 Take a few slow, deep breaths whenever you remember ◯

5 HABITS

Better relationships

NEXT

- ☐ 55 Smile at the cashier and the people who serve you ◯
- ☐ 56 Visit your loved ones often ◯
- ☐ 57 Remember loved ones who have passed: visit or honor them your way ◯
- ☐ 58 Call your relatives once a week ◯
- ☐ 59 Talk to someone at least once a day ◯

Joy and stability

A good life has room for both fun and a safety net.

☐ I already do this ◯ I want to try this next

12 HABITS

More joy in your life

NEXT

Joy needs room in the calendar too. Schedule it.

- ☐ 60 Give yourself at least one genuine compliment a day ◯
- ☐ 61 Play games that leave you feeling good ◯
- ☐ 62 Go on a small trip or outing once a week ◯
- ☐ 63 Keep a gratitude diary ◯
- ☐ 64 Research countries you would love to visit ◯
- ☐ 65 Play games together with your loved ones ◯
- ☐ 66 Grow plants all around your home ◯
- ☐ 67 Discover new music once in a while ◯
- ☐ 68 Take photos of little moments wherever you go ◯
- ☐ 69 Choose uplifting music ◯
- ☐ 70 Play with your pet often ◯
- ☐ 71 Care for your mental health a little every day ◯

7 HABITS

Safety and life stability

NEXT

Set up once, then review every season.

- ☐ 72 Learn the basics of doing your own taxes ◯
- ☐ 73 Keep a birthday list ◯
- ☐ 74 Plan your meals ◯
- ☐ 75 Plan your next month before it starts ◯
- ☐ 76 Agree on simple house rules with the people you live with ◯
- ☐ 77 Change your passwords regularly (a password manager helps) ◯
- ☐ 78 Do a seasonal home safety check: locks, smoke alarms, first aid kit ◯

Order and productivity

Less mess, less stress, more time for what you love.

☐ I already do this ◯ I want to try this next

15 HABITS

More order in your life

NEXT

Ten minutes a day keeps the big cleanup away.

- ☐ 79 Wash the dishes right after eating ◯
- ☐ 80 Make your bed every morning ◯
- ☐ 81 Keep laundry under control with small, regular loads ◯
- ☐ 82 Hang up clothes after wearing them (or use a laundry basket) ◯
- ☐ 83 Keep your home clean with a few minutes of tidying a day ◯
- ☐ 84 Add a cheerful decor touch to your space from time to time ◯
- ☐ 85 Declutter your closet regularly ◯
- ☐ 86 Change your tablecloths and kitchen towels regularly ◯
- ☐ 87 Clean your windows twice a season ◯
- ☐ 88 Clean your oven regularly ◯
- ☐ 89 Wash the floors regularly ◯
- ☐ 90 Dust your wall art and frames once in a while ◯
- ☐ 91 Keep a running shopping list ◯
- ☐ 92 Clean out your fridge once a week ◯
- ☐ 93 Declutter your bag once a week ◯

6 HABITS

More productivity

NEXT

- ☐ 94 Take a short break after every hour of work ◯
- ☐ 95 Make lists for everything: to-dos, places to see, shows to watch, things to buy ◯
- ☐ 96 Write down your ideas the moment they come ◯
- ☐ 97 Plan the calls you need to make ◯
- ☐ 98 Set clear work hours and clear rest hours ◯
- ☐ 99 Clear your desk every evening after work ◯

YOUR NEXT STEP

My habit plan

Choose up to four habits from your circled ones. Start with one or two if life is busy.

Month _____

Make a clear plan. People who decide exactly when and where they will act are much more likely to follow through. Write each habit as: After I existing routine , I will tiny new habit .

1 **Habit** _____

When / after I _____

I will (tiny version) _____

Where _____

If this gets in the way _____

then I will _____

How I will celebrate _____

2 **Habit** _____

When / after I _____

I will (tiny version) _____

Where _____

If this gets in the way _____

then I will _____

How I will celebrate _____

3 **Habit** _____

When / after I _____

I will (tiny version) _____

Where _____

If this gets in the way _____

then I will _____

How I will celebrate _____

4 **Habit** _____

When / after I _____

I will (tiny version) _____

Where _____

If this gets in the way _____

then I will _____

How I will celebrate _____

WHY THESE HABITS MATTER TO ME

WHO OR WHAT CAN SUPPORT ME

EVERY MONTH

Monthly habit tracker

Month _____

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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○ Fill the circle on days you did it

Write one habit per row, tiny version included

WHAT MADE IT EASIER

WHAT GOT IN THE WAY

MY STREAK TO BE PROUD OF

NEXT MONTH I WILL ADJUST

Never miss twice. Life happens. If you miss a day, simply make the next day count. A gap is not a failure, it is information.

EVERY MONTH

My progress map

Date _____

MY 99 PROGRESS MAP

Fill one circle for every habit that has become part of your life. Celebrate the milestones at 10, 25, 50, 75 and 99.

1	2	3	4	5	6	7	8	9	**10**	11
12	13	14	15	16	17	18	19	20	21	22
23	24	**25**	26	27	28	29	30	31	32	33
34	35	36	37	38	39	40	41	42	43	44
45	46	47	48	49	**50**	51	52	53	54	55
56	57	58	59	60	61	62	63	64	65	66
67	68	69	70	71	72	73	74	**75**	76	77
78	79	80	81	82	83	84	85	86	87	88
89	90	91	92	93	94	95	96	97	98	**99**

CHECK-INS

Check-in 1 · date _____
Habits ticked _____

Check-in 2 · date _____
Habits ticked _____

Check-in 3 · date _____
Habits ticked _____

HABITS THAT NOW FEEL AUTOMATIC

WHAT I'M PROUD OF

WHAT I LEARNED ABOUT MYSELF

HABITS I'LL ADD NEXT