



Master Your Daily Delicious Habits

It was recently reported to me that on average, the typical American processes over 197 message inputs each day. From viewing e-mails, to our cell and home phones, to processing faxes, we are BUSY. Add to the mix our professional lives along with family time, it's no wonder we're out of balance with no time left over and stress levels at all time highs.

In an effort to bring "peace" to your hectic world and to provide you a roadmap for gaining back some of life's simple pleasures, I'd like for you to work within the "Master Your Daily Delicious Habit's" Program. It's pretty simple. Write down ten things that provide you positive energy, things you can do on a daily basis. They should be things that you'll look forward to each day and miss them when you don't make time for them. You might even consider doing special monthly or yearly habits as well!

Make sure to access my website (www.chuckbauer.com) for additional personal development articles and assessments that will make a positive difference in your life. Feel free to send suggestions or feedback on this MPG "Master Your Daily Delicious Habits" program.

Congratulations for starting this program!

...and by the way, you're worth it!

Chuck Bauer

DDH Samples

1. Read from a good book
2. Visit Grandma
3. Eat healthy food
4. Play with my pets
5. Romance my spouse
6. Take a long bath
7. Turn off my cell phone
8. Work out
9. Play nice music b4 bed
10. Kneel down and pray

My Daily Delicious Daily Habits

Mon Tues Wed Thru Fri Sat Sun

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|-----------|-------|-------|-------|-------|-------|-------|
| 1) _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| 2) _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| 3) _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| 4) _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| 5) _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| 6) _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| 7) _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| 8) _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| 9) _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| 10) _____ | _____ | _____ | _____ | _____ | _____ | _____ |