

5 Healthy Habits of High Achievers

HIGH ACHIVERS CREATE A SUCCESSFUL LIFE BY:



1.) LEVERAGING CONSISTENCY

Even when times are rough or unpredictable, they are consistent with their routines and understand daily habits are key to their success.

Try meditating every morning, walking every lunch hour or yoga every evening.

2.) TAKING ACTION

Knowing the difference between thinking and doing changes the game. When excuses, fears, and changes arise they take action to build success. **Try implementing a health tip you recently read about before pursuing more ideas.**



3.) PRACTICING AND IMPROVING

Investing in self improvement pays out. They read, learn new things, challenge their mental models, and more. **Try creating a new dinner recipe, reading for 30 minutes before bed or learning from someone outside your industry.**

4.) FOCUSING CONTROL

Realizing what they can manage and letting go of what is outside their power means effective planning and better results. **Try eating balanced, energy producing meals and snacks, but release your optimum eating standards to enjoy a homemade brownie with your kids.**



5.) REFLECTING

Taking the time to learn from successes/failures and exploring what went right and what went wrong is key to future accomplishments. **Try taking time exploring why you are neglecting your desired health habit. Are your values unaligned? Is it attainable? Are you scared of succeeding?**

COMPILED BY REBECCA ROETER, CTNC
SOURCE/S:

<https://www.cnn.com/2018/04/18/tom-corley-top-10-common-habits-of-high-achievers.html>

<https://www.oechsli.com/21-success-habits>

<https://www.inc.com/christina-desmarais/32-simple-daily-habits-that-separate-high-achievers-from-everyone-else.html>