

CHECKLIST



# SELF- MASTERY



MASTER THESE  
**10 HABITS** AND BE THE  
MASTER OF YOUR WORLD



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## **SELF-MASTERY**

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### Top 10 Habits to Master:

1. Meditation
2. Reading / Learning
3. Learn from your mistakes
4. Maintain a vision of the future
5. Eat a healthy diet and engage in regular exercise
6. Control impulses
7. Listen
8. Create a to-do list
9. Be a finisher
10. Get up early

### 3 Components of Every Habit:

1. The Cue
2. The Habit Itself
3. The Reward

## Steps to Create and Sustain a Habit:

1. Make a list of the habits you'd most like to create
2. Limit yourself to one habit at a time
3. Find a cue that will work for you
4. Start small
5. Build your habit
6. Reward yourself
7. Be persistent

## Steps to Break a Bad Habit:

1. Limit yourself to one habit at a time
2. Be happy with progress
3. Understand your triggers
4. Interrupt or avoid the cues that trigger your habit
5. When you feel yourself triggered, stop - interrupt the pattern
6. Determine what reward you get from the habit
7. Adopt a new behavior in place of the habit
8. Punish yourself when you indulge in the habit
9. Take care of yourself
10. Be persistent