



PERFECT HABIT CHECKLIST:

Choose at least one habit from each pillar (Mind, Body, Spirit)

More information on the next page:

Mind

***Make Your Bed**

*Choose A **Guiding Quote For The Day**

*****Journal** (Either With Prompts Or Unstructured)

****Study Philosophy** (Daily Stoic makes it easy, 1 page per day)

****Gratitude** (Either Take A Moment To Feel It, Or Write Down 3 Things)

*Learn A New **Vocabulary** Word (Bonus Points For Writing It Down)

***Study** Geography / Languages / Whatever Interests You

*****Read** And/Or Listen To An **Audiobook**

Body

***Hydrate**

****Supplements / Electrolytes**

***Floss & Brush / Clean Face / Hygiene**

****Mobility** (Ex: Hanging From A Bar - Good For Shoulder/Back Health)

****Stretching** (Ex: Toe Touch - Good For Flexibility)

*****Cardio** (running, jump rope, jumping jacks, etc)

*****Bodyweight Strength Training** (Lunges / Squats, Pushups, Pullups, Dips, Abs)

*****Heavy Strength Training** (Pick A Gym Routine That You Can Stick To)

Spirit

*****Breathwork** (Tons Of Guided Videos On Youtube)

*****Meditate** (Guided Or Traditional, Music Or Not, Youtube Videos Or Apps)

****Qi Gong** (Search Some Tutorials On Youtube)

*****Mirror Meditation** (Plant Your Feet & Look Yourself In The Eyes)

****Cold Shower** (Make The Last 30 Seconds Cold, Or Start Cold If Brave)

***Musical Instrument / Creative Outlet** (Choose Something Enjoyable)

****Yoga** (Find Free Videos On Youtube Or Find An App)



I put three stars *** in front of the habits that I PERSONALLY find most useful. The “heavy hitters.” They’re the most effective but also the most difficult & demanding of willpower.

The ones with two stars in front ** are slightly less ‘powerful’ (for me) but also less demanding.

The ones with 1 star * are easy wins, good ‘bang for your buck’ habits.

EVERY HABIT on this list is money though, so just choose your stack, and start small unless you already have a history of being consistent.

I suggest picking a minimum of one habit per pillar (3 total), and starting with no more than 3 habits per pillar (9 total).

If you decide to go with 3 per pillar (9 habits total), I’d use a mixture of 1 star, 2, star, and 3 star habits. For example, for Mind:

- *Make Bed (easy win, low effort)
- **Study Philosophy (powerful practice, medium effort)
- ***Journal (one of the best habits for training your mind, most effort)

And so on for the other two pillars, Body & Spirit.

Q: How do I choose how many habits to start with?

A: Rate yourself from 1-10, how consistent are you with your desired habits right now (10 being perfect, and 1 being inconsistent)? Seriously, come up with a number right now. You got it?

Okay, if you are in the 8-10 range, then you can feel free to try up to 9 habits from this list.

If you are in the 5-8 range, stick with no more than 6 habits.

If below 5, just give up.

No, I’m kidding ;-)

We all start somewhere, don’t beat yourself up - you got this. If below 5, start small with no more than 1 habit per pillar. You can step it up over time.

Good luck!



NEXT STEPS

START TRACKING: If you're ready to get started and want to track your habits (I recommend it) - download the basic version of my Master Habit Tracker here: [Boss Life Master Habit Tracker \(Basic Version\)](#)

READ THE BLUEPRINT: If you're curious to know more how this all works, would like some more context and emotional buy-in to motivate yourself, I suggest downloading the free [Quarantine Domination Blueprint](#), which dives into the psychology behind how to implement these habits systematically.

BOSS LIFE SOCIAL:

>> **YOUTUBE** - For content that doesn't suck, and actually makes you a more effective, powerful person - check out my [YouTube channel, Boss Life Blog](#) - it has lots of videos about habits, consistency, and becoming a boss leader with unshakable self trust.

>> **INSTAGRAM** - Like the behind the scenes stuff? Wanna get to know me on a more personal and intimate level? You can also [follow me on instagram](#), I'm very active there.

And if you're like me, and you want to make your life like a movie.... If you yearn to become a legend so as not to die a loser... if you can hardly stomach the possibility of NOT REACHING your highest potential? If you want to take the red pill and see how deep the rabbit hole goes, you can [jump on a free consult call with me](#) & I'll help you apply this to your life personally.

A handwritten signature in black ink that reads "Alex Walter".