

# CHAPTER 1

## DAILY EVALUATIONS FOR ONE WEEK

### AUTOPILOT / HABIT EVALUATION

#### WEEKLY WORKSHEET

1. Write your Habits. Write down at least three habits in each section.
2. Evaluate which category it belongs
  - Health
  - Business
  - Relationships
  - Personal Growth
  - Finances
  - Spirituality
3. Evaluate the habit by writing it down.
  - Flexible
  - Rigid
  - Changeable

Write down at least three habits each day. **What is your morning routine?** Keep track of the next seven days.

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Day 7:

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Write down at least three habits each day. **What is your morning routine when getting to the office?** Keep track of the next seven days.

Day 1:

Day 2 :

Day 3:

Day 4 :

Day 5:

Day 6 :

Day 7 :

Write down at least three habits each Day. **What do you do when you get home?** Keep track of the three things you do for seven days.

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6 :

Day 7 :

Write down at least three habits each day. **What do you do before you go to bed?**

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Keep track of the three things you do for seven days.

Day 1 :

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Day 7:

**How often are you on social media?** Be honest with yourself. Do you set a time limit? Set a time limit, and let's track it. How much time do you spend every day for seven days?

Day 1 hours spent

Day 2: hours spent

Day 3: hours spent

Day 4: hours spent

Day 5: hours spent

Day 6: hours spent

Day 7: hours spent

**How often do you watch TV?** Do you set a time limit? How much time do you spend every day for seven days?

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Day 1. hours spent

Day 2: hours spent

Day 3: hours spent

Day 4: hours spent

Day 5: hours spent

Day 6: hours spent

Day 7: hours spent