

# Building Positive Habits: How to Be More Present and Productive

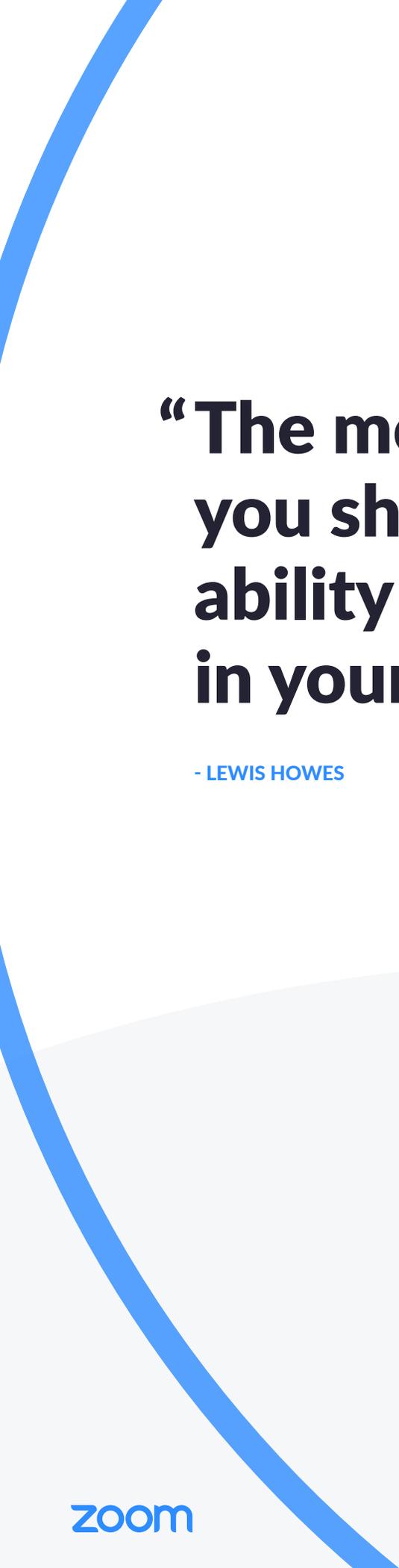
GUEST SPEAKER

**Lewis Howes**

Up to 90 percent of our everyday behavior is based on habit. Whether you're working in an office or from home, it's essential to have positive work and life habits.

With that in mind, we teamed up with podcast host, author, entrepreneur, and former athlete Lewis Howes to create a webinar that features practical tips to help you learn how to get clear on your vision, identify your goals, and take action.

Howes provided this handout as a complement to the webinar.



**“The most important habit  
you should develop is the  
ability to always believe  
in yourself.”**

- LEWIS HOWES

On a scale of 1-10, how well do you feel like you're implementing positive habits in your life?

1      2      3      4      5      6      7      8      9      10

What are positive habits that you currently have?

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What are some negative habits you currently have that you would like to overcome?

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## 5 Areas of Positive Habits

### Mindfulness

How frequently do you check in with yourself to process how you're feeling and how your thoughts affect you? *Habit example: Spend 20 minutes each day on a walk outside checking in with yourself.*

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### Showing Up for Others

How often do you support or spend quality time with people that you care about? *Habit example: Call a friend or family member once per week and tell them you love them.*

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### Physical Health

What is an area of your physical health that you can improve? *Habit example: Schedule 20 minutes of movement into your daily calendar.*

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## Service

What is one way you can be in service today? *Habit example: Acknowledge a co-worker for their contribution to the team each week.*

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## Gratitude

What are three things you're most grateful for *today*?

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## Positive Habits



- Gratitude
- Exercise
- Healthy Eating
- Being In Service
- Meditation
- Journaling
- Replacing negative self-talk with positive
- Making your bed first thing in the morning
- Creating a morning or evening routine

Which of these positive habits are you excited to implement in the next three months?

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What is one positive habit you can commit to starting today?

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How are you going to keep yourself accountable? *Habit example: Invite a friend to join you in one of your daily positive practices.*

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## More about Lewis Howes



Lewis Howes is a New York Times Bestselling author of the hit book, *The School of Greatness*, and his newest book, *The Mask of Masculinity*. He is a lifestyle entrepreneur, high-performance business coach, and keynote speaker. He hosts a top 100 ranked Apple podcast, *The School of Greatness*, which has over 350 million downloads and over 1,000 episodes since it launched in 2013. Learn more at <https://lewishowes.com/>

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