

# Cultivation of Habits

Which habits have the highest impact on your life? What is necessary to achieve your Super Success for sure? How does your long-term education plan look like? Set Goals, Milestones & Deadlines? Think roughly about your estimated times.

## What is really essential for your Super Success?

Which are most impactful?					
Why high impact?					
What to study / improve?					
Which activities?					

Highest Impact First

## Weekly Skills Cultivation

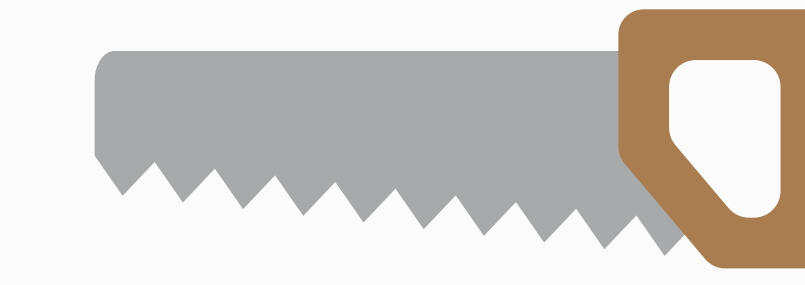
Schedule your week with the highest impact on long-term Success.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

What is your intrinsic motivation?

Why?

## Sharpen the Saw



How do you recover best? Are you tired, burned out and need some enjoyment?

- |    |     |     |
|----|-----|-----|
| 1. | 8.  | 15. |
| 2. | 9.  | 16. |
| 3. | 10. | 17. |
| 4. | 11. | 18. |
| 5. | 12. | 19. |
| 6. | 13. | 20. |
| 7. | 14. | 21. |



## Trackrecord

How do you measure your progress? How to organise / prepare yourself to keep your engine running?

## Triggers

How to start the habits?

- |    |    |
|----|----|
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |
| 4. | 4. |
| 5. | 5. |
| 6. | 6. |
| 7. | 7. |
| 8. | 8. |



Where can you reflect on your outcome