

25 HABITS TO CREATE A BETTER LIFE

25 HABITS THAT YOU SHOULD ADD INTO LIFE TODAY.

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FITNESS

1. DRINK 2-3 LITRES OF WATER DAILY.
2. LIFT WEIGHTS 2-3 TIMES A WEEK.
3. GET YOUR HEARTRATE UP, GET A SWEAT ON(CARDIO) 2 – 3 TIMES A WEEK.
4. TRACK YOUR TRAINING SESSIONS
5. FOLLOW A PROGRESSIVE PROGRAM

FUEL - (FOOD AND FIRE)

6. TRACK YOUR FOOD, EAT LIKE YOU GIVE A SHIT ABOUT YOURSELF
7. EAT ENOUGH PROTEIN, EAT PLENTY AND A WIDE VARIETY OF VEGETABLES
8. FIND YOUR PASSION, YOUR REASON TO CHANGE
9. ADD ACCOUNTABILITY TO YOUR TARGETS (TELL PEOPLE)
10. WRITE WHY YOUR STARTING AND WHAT IT MEANS TO REACH YOUR GOALS

FAMILY

11. TELL YOUR PARTNER/KIDS HOW MUCH THEY MEAN TO YOU, DAILY
12. DATE YOUR PARTNER/KIDS WEEKLY AND SEPERATELY
13. TELL YOUR PARENTS HOW MUCH YOU LOVE THEM
14. PUT YOUR PHONE DOWN AND LISTEN TO YOUR KIDS DAY
15. INVITE FRIENDS TO DO SOMETHING, WHICH DOESN'T INCLUDE ALCOHOL

FOCUS

16. START A DAILY JOURNAL, INCLUDE 3 WINS
17. WRITE DOWN AND TRACK 90 DAY TARGETS
18. COMMIT TO TIME AWAY FROM PHONE, SOCIAL MEDIA, WEEKLY
19. LEARN MEDITATION/MINDFULNESS
20. MEASURE RESULTS, MEASURE BACKWARD FROM WHERE YOU'VE CAME

FUN – YOUR TIME

21. WATCH/LISTEN TO COMEDY (TV/DVD/MOVIES/CLUBS)
22. SPEND TIME DOING WHAT YOU LOVE (AT LEAST WEEKLY)
23. BOOK TIME OFF/HOLIDAYS, IN ADVANCE
24. GET OUTSIDE EVERYDAY
25. TEACH YOUR PARTNER/KIDS ABOUT SOMETHING YOU LOVE TO DO

IF YOU WANT TO LEARN HOW TO APPLY THESE TIPS OR WANT TO TAKE YOUR LIFE UP ANOTHER LEVEL.

GO TO WWW.GLASGOWMANCLUB.COM TO APPLY FOR ONE OF OUR PROGRAMS (ONLINE AVAILABLE)