

# 13 Daily Best Practices to Help You Succeed

Have you considered that everything you do is practice? The definition of practice is something that is usually or regularly done or to do habitually. What you do then on a consistent basis is what you're putting to practice in your life. You're either practicing excellence or you're practicing to be average, you're practicing bad habits, or practicing good habits. You're practicing improvement, or practicing being the same as yesterday. The question is, what are you putting to practice in your life?

We've all heard the phrase, "practice makes you perfect." However, we all know perfect is impossible. However, practice does make you better, practice can get you close to perfect, and most importantly, practice will prepare you to succeed when the opportunities present themselves.

What you do on the regular is key to your success. Your daily practices are more important than you may think. They are either moving you forward or holding you back. We did some research on some of the most successful people and found some daily habits they all have in common. We have compiled the list and wanted to share them with you In this article.

## 13 Daily Best Practices to Help You Succeed

### 1. Wake up at the same time –

Our bodies are biological clocks with the succession of a circadian rhythm. Circadian Rhythms are the cycles in

the body that fluctuate over a 24-hour period. When there is confusion within the body due to inconsistency in your schedule, it can cause negative emotional and physical issues. In fact, there are studies that show you could be jet-lagging yourself due to these erratic sleep behaviors. Do yourself a favor and be consistent in the times you wake up even on the weekends.

## **2. Some type of morning routine –**

Healthy morning routines can bring order to our lives and benefit our overall wellbeing and productivity. Hitting the snooze button every morning is simply a bad habit. It starts our day off on the wrong foot. Allow yourself enough time in the morning to kick-start your day with some positive things. You could spend 15 minutes doing some light stretching, meditating, or praying. Making your bed and tidying up your home before leaving is a great habit to acquire as well. A healthy morning routine looks a little different for everyone. The most important part is to be consistent and make sure it is beneficial to you in a positive way.

## **3. Don't skip meals –**

Many people skip breakfast and that is a very bad habit. Breakfast is the most important meal of the day. It does exactly what its name suggest, it breaks the overnight fast. It replenishes your supply of glucose to boosts your energy levels and alertness, and supplies other essential nutrients required for good health. More so, don't skip any meals. It's important to keep your blood sugar levels balance by eating every few hours. Cleveland Clinic studies suggest that you eat at least 5 times per day. Breakfast, snack, lunch, snack, and then dinner. Eating about the same time every day is also important for an efficient metabolism and energy.

#### **4. Connect with people –**

Connecting with others is more important than you may think. Social connections lowers anxiety and depression, helps us regulate our emotions, leads to higher self-esteem and empathy, and it actually improves your immune system. By neglecting our human need to connect with others, we could be harming our health. We are living in a time of true disconnection. Technology can seem to connect us more than ever, but the screens around us are a barricade from the face-to-face interaction that every human being needs. This doesn't mean that all introverts need to become social butterflies. Interacting with people can look a little different for everyone, but being intentional in connecting in person with others is of the utmost importance.

#### **5. Always looking to learn –**

Personal development must be a top priority in your life. Developing your knowledge and skillset on a constant basis is immeasurable in the impact it has on your success at home and at work. There is always more to learn and when you know better, you can do better. In the world of information we live in today, there is no excuse for not improving ourselves and growing our mindset so that we are constantly improving.

#### **6. Positive attitude –**

Adopting a positive attitude as a way of life can help you cope more easily with your daily affairs and can lead to better outcomes into your life. Being positive helps you to see the good in the bad, the opportunities amid the obstacles, and the joy in the sadness. It helps you to stay focused on what's important and the things you can control. It doesn't make you less serious or less concerned, it just allows you to be a light in the

dark. It also doesn't make you immune to bad things happening in your life or heartache, it just helps you to deal with it a little better and to move on a little easier.

## **7. Take breaks –**

This is a daily practice that the average person most likely could improve in. If you sit at a desk job, the suggestion is you should get up every hour for 10 minutes to move around. The human mind can only stay focused for so long. Research has proven that people who take breaks often are more productive and get more done in an 8-hour day than those of us who just keep trying to pound out a long day with no break. Contrary to belief, taking breaks will help you get more accomplished, and it's better for your longevity too!

## **8. Clock out –**

When the workday is done, clock out. This just isn't for the hourly person, this is for all. Whether you are running a home, a company, own a company, or work for a company, you must learn to let go of work and allow other things to become a priority when needed. There is a time to work and a time to rest. There is a time to work and a time to play. There is a time to work and a time for self-care. No matter your role, don't forget to clock out.

## **9. Contribute at home –**

This could look different for every individual, but if you live in some type of abode and/or have a family, you should contribute. This could be taking care of chores or spending time with your loved ones. It's setting a good example and giving of yourself to help the people

you love the most. In some situations, it can mean to be fully present with your mind and body. Whatever contributing at home looks like in your life, do it with love and without grumbling.

## 10. **Exercise –**

Do we really need to explain all the benefits of this daily practice? If you are alive and well in our modern society, then you know the impact that exercise and good health have in your life. If you're able to get up, there really is no good excuse to not do something. The key here is not to compare what you can do to what someone else may be doing. Start where you are and focus on what you can do.

## 11. **Don't sweat the small stuff –**

In the grand scheme of things, isn't most of it small stuff? Worrying really is a waste of time. If we can change the situation, then by all means, we should do something, but just worrying doesn't change anything.

## 12. **Nighttime routine –**

Bedtime routines are a consistent set of activities that are carried out before going to sleep every night. They help prepare you for sleep by helping you relax and wind down. The research shows that by doing a consistent routine prior to getting ready for bed, your brain will start to recognize when this is happening. The importance of your brain recognizing that it's getting close to bedtime is that it will start the process of producing melatonin which is a hormone that makes you sleepy. Just like having a morning routine, a nighttime routine is as important.

### 13. **Go to bed at the same time –**

The same reason we wake up at the same time every morning is the same reason we should go to bed at the same time every night. It helps keep our circadian rhythm in balance. There is a lot of research out there on the importance of good sleep hygiene. If you are struggling in this area, it is of the most importance that you work with a sleep coach or an expert that can help you improve the quality of your rest.

**The best thing we can do for our overall wellbeing and success is to practice healthy habits that help us to constantly improve and be a little better today than we were yesterday. It's a mistake to make massive changes all at once and extreme changes can backfire if we're not careful. By working slowly and surely incorporating each of these practices into your life, you will continue to get better each and every day. Remember, practice may not make you perfect, but it will prepare you for what will come.**

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