



SEVEN ROCKSTAR
HABITS



*The Awesome Tool That Will
Change Your Life*



LAURA KUPPERMAN



It's quite simple, actually

If you want to elevate your business or your life to the next level, you have to show up every single day, doing what matters most.

You've heard it all before...

We are what we repeatedly do



You are what you measure



Start now





Stop struggling and start focusing

If you want an awesomeness upgrade, what you need is this easy to use, super-duper powerful tool.

MONTH:																																
HABITS	DAYS	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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No fancy technology – just good old fashioned paper and pen, holding you accountable to follow through on what matters most. Every single day. **It really works.**

REMEMBER:

If you want to change your life your first step is to show up.



Here's how it works

1. Print out the blank template on the next page
2. Enter the month/year in the designated space at the top
3. Write down the top seven habits that you are eager to make part of your life RIGHT NOW. Think of these as incremental lifestyle upgrades.
4. Stay away from shoulds. Stick to the habits that make you feel great, are uplifting, and are fairly easy to complete. These are things you are probably already doing, just not on a regular basis.
5. Include a mix of personal and professional habits that will help you elevate your game (examples included). Remember, this is not a to-do list.
6. Put a check mark in the appropriate date box each time you complete a habit. EVERY DAY!
7. **Most importantly** – look at your habits first thing in the morning and several times throughout the day; check things off as you go. **You will be amazed at how much better you feel and more productive you are when you have all seven boxes checked off each day.**
8. Repeat each month, tweaking your habits as needed.
9. Don't get complacent! Even if it feels like you are in the groove and don't need to use the worksheet, it actually makes a HUGE difference to your brain's sense of reward to check things off.

REMEMBER :

You are the rockstar of your own life. Don't lip sync.

Seven Rockstar Habits

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Habits we love

Personal

- Awake by 6:00am
- Take vitamins
- Sun salutations
- Walk/hike/run
- Journal
- Meditate
- Spend time outside
- Play with my dog
- Read for pleasure
- Stretch
- Eat slowly, without screens
- No electronics in bed
- Laugh
- Sing
- Paint
- Pray
- Eat lots of veggies
- Smile at strangers
- Knit
- Make music
- Make love
- Connect to friends, family

Professional

- Prioritize to do list
- First things first
- Email only between 9am-5pm
- List building activity
- Revenue building activity
- Business reading
- Lead calls
- Blog post
- Send "TLC" to a client
- Over-deliver at least once
- Mentor others
- Connect with colleagues
- Set/review goals
- Declutter work space
- Positive affirmations
- Marketing activity
- Refresh content: website, social media, sales page
- Product development
- Gratitude
- Take walking breaks hourly



Your turn



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Thanks so much for stopping by! I hope you feel inspired to start your own practice of **Seven Rockstar Habits**, and begin enjoying increased focus, clarity, and productivity.

REMEMBER:

Keep it simple, dream big, and embrace your inner rockstar!

*xo
Laura*