

# 20 STEPS TO HEALTHIER HABITS

Follow these steps & track your progress below:

## WATCH VIDEOS

*to Get Inspired to Embrace Healthier Habits*

- |        |                          |  |
|--------|--------------------------|--|
| Step 1 | <input type="checkbox"/> | Watch Foundational Habit Videos (Holistic, Bible, & Calling)       |
| Step 2 | <input type="checkbox"/> | Watch Core Habit Videos (Time, Work, & Minimalist)                 |
| Step 3 | <input type="checkbox"/> | Watch Healthy Habit Videos (Relationships, Food, & Chemical-free)  |
| Step 4 | <input type="checkbox"/> | Watch Legacy Habit Videos (Femininity, Homeschooling, Experiences) |

## DO WORKBOOKS & CLASSES

*to Setup your Mind, Home, & Routine for Success*

- |         |                          |   |
|---------|--------------------------|---|
| Step 5  | <input type="checkbox"/> | View Full System Workbook                       |
| Step 6  | <input type="checkbox"/> | Complete Holistic Workbook & Classes            |
| Step 7  | <input type="checkbox"/> | Complete Prayer & Bible Workbook & Classes      |
| Step 8  | <input type="checkbox"/> | Complete Calling & Direction Workbook & Classes |
| Step 9  | <input type="checkbox"/> | Complete Time Management Workbook & Classes     |
| Step 10 | <input type="checkbox"/> | Complete Work & Money Workbook & Classes        |
| Step 11 | <input type="checkbox"/> | Complete Minimalist Workbook & Classes          |
| Step 12 | <input type="checkbox"/> | Do Emotions & Relationships Workbook & Classes  |
| Step 13 | <input type="checkbox"/> | Complete Food & Fitness Workbook & Classes      |
| Step 14 | <input type="checkbox"/> | Complete Chemical-Free Workbook & Classes       |
| Step 15 | <input type="checkbox"/> | Complete Femininity Workbook & Classes          |
| Step 16 | <input type="checkbox"/> | Complete Homeschooling Workbook & Classes       |
| Step 17 | <input type="checkbox"/> | Complete Experiences Workbook & Classes         |

## GET SUPPORT

*to Help you Practice & Refine your Habits*

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|---------|--------------------------|--|
| Step 18 | <input type="checkbox"/> | Try & Refine Habits + Use Support Group, Q&A, & Coaching |
| Step 19 | <input type="checkbox"/> | Prayerfully Apply to Join Qodeshim Community             |
| Step 20 | <input type="checkbox"/> | Remember your Why & Thrive                               |

Resource links for each step are on my website: [www.TrulyThrivingLives.org](http://www.TrulyThrivingLives.org)