

Daily Checklist

Changing behavior can be challenging, requiring ongoing commitment of both time and attention. You may want to **improve the way you interact with others, communicate more clearly, become a better leader**—or perhaps just learn to be **more patient, less judgmental, or more receptive to feedback**.

Whatever your goal, an effective way to improve is to **consider three questions** at the end of every day:

- **What did I do well today?**
- **What did I do not so well today?**
- **What can I do to improve?**

These simple, reflective questions can help **transform your behavior goals into healthy habit** and make the change permanent.

