



**Five Daily
Growth Habits
that can
Transform Careers.**



Swipe !!





#1

Micro-wins

**What have you achieved in the
last 24 hours?**

***A personal micro-win and
a business one.***

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#2 Habits

Which habits do you expect of yourself that ensure you are working to your fullest potential?

2-5 habits daily.

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#3

Focus

**What are the
most important tasks
for you to prioritise today?**

Pick no more than three.

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#4

Connection

**Who are the people that
make a difference to your
mental health and momentum?**

***Send a message via
LinkedIn, text or email.***

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#5

Bits and Bobs

**A place for all the other tasks
that are in your head.**

***Write them down and attack them
after your focus items
are complete.***

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