



10 *habits of*

EFFECTIVE

WOMEN

TOP 10 HABITS OF *Effective Women*

A lot of successful, effective women share a lot of the same characteristics.

Use this list of habits as a guide to becoming more successful and organised in your every day life.

HOW MANY OF THESE
HABITS DO YOU
ALREADY HAVE?

TOP 10 HABITS OF *Effective Women*



Wake Up Early

The old phrase is true – the early bird gets the worm.



Exercise Consistently

Not only is exercise good for your health, but it can also make you more productive.



Soak in New Information

Whether you like to read, watch documentaries, or learn trivia from books and television shows, soaking in new information is crucial to your success.



Practice Mindfulness

Relatively new practices to the western world, mindfulness and meditation can strengthen your focus, increase productivity, and contribute to your wellbeing.

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Follow Inspiration

People, buildings, art - whatever your inspiration - follow it and you will find success.



Sleep 8 Hours

Sleep is essential to your health, mood, focus, and energy levels. Lack of sleep will limit your ability to function at a high level each day.



Find Multiple Revenue Streams

In this day and age, there are always ways to make some extra cash. From Uber to freelancing, successful people always find a way to put away savings.

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Pursue Personal Goals

It's all well and good to help your company grow, but personal development is more important to feeling fulfilled and enjoying life.



Take the Positive View

Negative thoughts and feelings are normal, but successful people are experts at handling the negatives and turning them into positives.



Handle Stress

One of the most important aspects about successful people is their ability to handle stress. We all have stress from various sources and dealing with that stress is crucial if you wish to find success and happiness. Learn stress-reduction techniques and use them regularly.