

THE ANTI-RESOLUTION ROADMAP

7 HABITS FOR SUCCESS IN 2026

New Year's Resolutions often fizzle out faster than champagne bubbles. They're great for party chatter on December 31st but rarely survive beyond January. What truly works? Embracing small, impactful habits that create lasting change.

1

WIN THE MORNING

Whether it's making your bed, flossing, or a quick workout, completing one task early creates a 'success spiral'. This mental win triggers a dopamine boost, setting a positive tone for the day ahead.



2

CULTIVATE CURIOSITY

Curiosity is a game-changer for creativity, problem-solving, growth, and better relationships. Ask an unexpected question, research a random fact, or explore a new concept.

3

MASTER THE ART OF 'NO'

Success often hinges more on what you decline than what you accept. Saying 'no' strategically creates space for priorities that truly matter, enhancing your focus and productivity.



4

PRIORITIZE MEANINGFUL CONNECTIONS

Quality relationships are crucial for well-being and success. Make a daily effort to engage in a genuine conversation or show appreciation to someone in your network.



5

ALWAYS BE LEARNING

Regular reading expands your knowledge, challenges your perspectives, and sharpens your mental acuity. What will be your next read?



6

PRACTICE MINDFUL ENJOYMENT

Savor something enjoyable every day. This habit of appreciation enhances your overall life satisfaction and resilience.



7

OPTIMIZE YOUR SLEEP ROUTINE

Aim for a consistent bedtime. Quality sleep is the foundation of peak performance, affecting everything from decision-making to emotional regulation.



THE ELITE SLEEP GUIDE

DR JO'S WEBSITE



Embrace these habits to elevate your performance and well-being. Remember, it's not about drastic changes but consistent small steps that lead to extraordinary results. And remember, you don't need to wait for January 1!

