

50 habits you most likely do every day, which you can become your Spartan habit

1. getting up and leaving your bed
2. drinking water
3. brushing your teeth
4. showering
5. breakfast
6. getting dressed
7. packing your bag for work or school
8. going down or up the stairs in your building
9. leaving your house
10. making your way to work or school
11. entering your office
12. greeting people at your office
13. getting coffee at the office kitchen
14. starting your work computer
15. sitting down at your work desk
16. going to lunch
17. meetings
18. checking emails
19. answering a phone call
20. navigating your computer with your mouse
21. going to the toilet
22. washing your hands
23. asking a coworker for help
24. proposing something to your boss
25. leaving a message via voice mail
26. sitting in a class at school
27. doing group work
28. printing something
29. reading the news
30. grabbing a snack
31. eating sweets
32. drinking soda
33. wearing headphones
34. wearing glasses
35. leaving the office building after work
36. making your way home from work

37. walking your dog
38. eating dinner with family
39. chitchatting with strangers
40. getting ready for bed
41. watching TV
42. spending time on social media
43. reading
44. smoking a cigarette
45. using mouthwash
46. opening the windows
47. closing the blinds
48. doing dishes
49. vacuuming
50. locking the door