











Key Habits Found in Wealthy Individuals

Habit	% of Wealthy People	Insights
 Read daily for self-improvement	88%	Focused on education, leadership, biographies, personal growth
 Exercise regularly	76%	30 minutes or more of aerobic activity
 Keep daily to-do lists	81%	Goal-setting and task management
 Wake up 3+ hours before work	44%	Early morning routines and planning
 Watch less than 1 hour of TV daily	67%	Time used for productive tasks instead
 Network and build relationships	79%	Regularly connect with like-minded people
 Practice daily goals visualization	62%	Mental focus on long-term success
 Practice gratitude / positivity	54%	Positive mindset = higher resilience
 Limit junk food	57%	Health and discipline go hand-in-hand
 Avoid procrastination	94%	High levels of personal accountability