Good habits yield positive results

Do you want to do something different with your life, something fresh, and new? Maybe start a new job, change your look, or get in better shape. You've been thinking about it for awhile, but you just can't seem to get there? Well, you are not alone. Studies show that only 3% of people accomplish their goals. (positivepath.net)

I often think about what makes people successful. What is the difference between someone who is at the top of their game and has not only achieved their goals, but conquered them; who comes to mind are people like Oprah Winfrey, Beyonce, Lebron James, Tiger Woods, Donald Trump, or even those people whose name you may not know. Drive down any street in any town and you are sure to come across businesses. Some of them are big, some of them small, but all of them are the result of somebody's dream. What is the difference between them and you?

The answer: Habits. Everything that we do and have is a result of the habits we have acquired. Habits are a pattern that you regularly follow until it has become almost involuntary. If you don't interrupt what has become automatic, you will just continue to do the same things. Without giving it a second thought most of us eat the same thing, take the same route to work, socialize with the same people, everything is routine.

The thing about habits is that they can either be good or bad, there is no in between. Either your habits are helping you or they are hurting you. If your habits are not moving you towards your goals it is more than likely pushing you in the opposite direction, away from it.

Many of us are guilty of this, we say we want one thing but we do another. For example, you may say you want to lose weight or get in better shape, but you don't change what your diet. So , because of your eating habits, it is likely that you won't get the results you are looking for.

You have to change the habits that don't match up with your goals, and believe me it is easier said than done; but it's possible. I've heard it said that it takes about three to four weeks to break a habit, and it takes about the same amount of time to create a new one. After about a month or so, those new habits will become second nature to you.

What it all comes down to is, successful people have habits that failures do not, and vice versa. On your quest for success, remember that if you are not forming good habits then you are forming bad ones. Now is a good time to take inventory of your habits and determine if they are conducive to where you really want to be.

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