Our Habits Make Us

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Habits:

- Defined by Merriam-Webster as:

1. Clothing (archaic)
2. a: A costume characteristic of a calling, rank, or function

   a nun's habit

   b: A costume worn for horseback riding
3. Manner of conducting oneself

Habits Defined (cont.)

- bodily appearance or makeup
- the prevailing disposition or character of a person's thoughts and feelings
- a settled tendency or usual manner of behavior

Habits Defined (cont.)

a. a behavior pattern acquired by frequent repetition or physiologic exposure that shows itself in regularity or increased facility of performance

b. an acquired mode of behavior that has become nearly or completely involuntary

c. an addiction

of an organism: characteristic mode of growth or occurrence

of a crystal: characteristic assemblage of forms at crystallization leading to a usual appearance

"Bad" Habits That Need To Be Eliminated
1. Social Media

- Habits of:

- Constant checking
- Huge interruption
- "Masters" at making you stay there!
- Counterproductive
- De-focus element

2. It's NOT about you!

- Never was
- Never will be
- Get over it!

3. “Multi-tasking”

- Only 2% can do this
- Fooling yourself
- One browser at a time
- Turn off notifications

4. Comparison

- You will never win this game
- Focus on you, now!

5. “Complaining”

- No one cares
- You look bad
- Be aware of what you say and send
- Speak/Act negatively

More negativity follows!

6. Wasting time with negative people

- Don't be available to "losers"
- Don't be self-centered

7. Taking on organizing long & unnecessary meetings

- Less meeting=More doing
- Short and to the point
- Try this:

  What are you working on?

  What is completed?

  What is still needed?

8. Saying yes

- You think you don't have enough time
- You DO!
- You spend it the wrong way

9. Self-loathing thoughts and beliefs

- Enough is enough
- You are good at what you do!
- Silence the voices of doubt
- Quick victories lead to success

10. Sitting

- Get up and move!
- Don’t let life pass you by

11. Underachieving

- You are better
- There is more in you
- You stop you!

12. Bragging

- Nobody cares
- The past is the past
- Your brain believes you!

13. Creating excuses

- Also, quit creating reasons
- These are excuses with lipstick

14. Reality TV/Gossip

- You're an adult
- Junk food for the brain

15. Doomsday scenarios

- Healthy skepticism is good
- Pessimists do not change the world
- Positive people change the world positively

16. Obsessing

- Things you can't control
- Focus on what you can
- Become a "Ruler of Your Universe"

17. Perfection

- Ain't gonna happen!
- Complicated form of procrastination
- Deeper manifestation of your fear
- Get out of your own way

STAY FRESH!

- Develop “NEW” habits

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