

Positive habit

This edition of Monday Motivation is one of three written for this date. You'll want to read the other two as well, of course.

Our lives are made of three basic elements: genetics, experience, and habit. How well we use those three elements makes a big difference to what we accomplish in life.

Frankly, there's nothing we can do about our genetics. It's already done. It's already behind us. It's already **a part** of us. How completely my hair falls out is already predetermined, as far as I can tell. If you saw my mother's father, you'd be worried for me. (Of course, there's not a lot left to fall out).

Our experience is behind us, as well. Of course, we can always gain greater insights from our experience, and should do. Altogether too few of us spend time actually **thinking** about our experiences in life. We just have the experiences, and never look back.

There are some experiences that shouldn't be dwelt on, of course -- but there are many that can give us unexpected insights, if we just think about them a little bit. Of course, in my case, the experiences that yield the greatest insights are usually the ones that yielded the biggest goofs.

That leaves us with habit -- but what a powerful part of our life habit is.

When we talk about habits, most of us dwell on the bad habits that we have. We think of bad habits like smoking, drinking, carousing, or driving without our seat belt fastened. We rarely think about the positive habits that we cultivate.

If you will, take a moment and think about those positive habits that you might have. Habits such as brushing your teeth, looking both ways before crossing a street, saying "please" or "thank you," exercising, and combing your hair all contribute to your everyday well being.

Other habits we have -- or should have -- contribute to our financial well being: habits such as saving and investing.

Even achieving our goals becomes a habit, just as ignoring our goals also becomes habit-forming.

Fortunately, unlike our genetics, we can choose our habits.

It's strange to think about it, but most of us pick up habits largely by default -- we do something, we do it again, and again, and again, and it becomes a habit.

Our habits wind up defining us, for better or worse.

We habitually fill the car at the same station. We habitually watch the same TV programs. We eat the same foods -- oh, we may vary our diet a bit, but we tend to habitually follow the same variations. Chicken every Sunday? Fish every Friday?

Habit is a powerful director of human behavior -- but fortunately for us, it's one that can be controlled -- because habits can bend to the will of the mind.

What are some positive habits that you would like to generate? Make a list of positive habits that would aid you.

Fortunately, in order to make it a habit, all you have to do is do it a few times.

Let's make our habits positive.

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