

Action Guide

Habits Run Your Life

myinspiration4life.com

Remember:

“Repetition of the same thought or physical action develops into a habit which, repeated frequently enough, becomes an automatic reflex.” -Norman Vincent Peale

Reflections:

If you are what you repeatedly do, then if you are not already “it” what are you becoming? Think about this for a moment, a patient person is not just an act, but a habit. Kindness is not an act, but a habit. We become a patient or kind person by behaving that way consistently and long enough (at least 30 days) so that it becomes a habit.

What habits would you like to develop?

What habits would you like to develop that would replace a bad habit?

Please realize that action is the key to making positive changes in your life. Without action, knowledge is lost. Inaction will not result in *fulfillment*, taking ACTION will!

Application:

List a habit you would like to develop: (being kind, patient, forgiving, enthusiastic, on-time, physically fit)

Habit to develop: _____

Now write what that behavior looks like. For example: *If I want to develop the habit of kindness. I would set the goal to smile at everyone, everyday and say thank you for every little thing. I would make sure to do this everyday for a minimum of 30 days. It would eventually become a habit, something I would do automatically.*

What does your desired habit look like, behaviorally? _____

Now go live it.

Note:

Remember, you must do it (whatever “it” is) consistently everyday for a minimum of 30 days. If you forget and skip a day, you must start your 30 days over from that day.

You can do it, I believe in YOU!

