

I am habit

"We are what we repeatedly do. Excellence then, is not an act but a habit."

Aristotle

hab·it *n.* a repeated behavior: *He has the bad habit of lighting a cigarette every time that his telephone rings.*

In Your Journal

- List some of your good habits. For example, good habits include exercising, eating right, or showing respect for others. What positive reinforcement do you give yourself when you practice good habits?
- Habits are things we do consistently. Depending on what they are, they can make or break us. Like Aristotle said, we become what we do repeatedly. Now list a few of your not-so-good habits like negative thinking, lack of self-confidence, or blaming others. How do you feel when choose to exercise a bad habit?
- What would you consider your worst habits? You may want to use some from the previous list. Which one would you like to change the most? How are you going to change? Think about it. The only one stopping you is you.