

# Habits

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## Creating New Habits

Many of our current routines and habits have developed through repetition and continue because they are triggered automatically in response to related prompts.

Choosing a new habit is easier than changing an existing one because the old one is ingrained and can require us having to avoid an environment or a situation to stop the impulsive response.

confidence in your ability to change.

Here are the steps:

1. Decide on a goal that you would like to accomplish.
2. Select one single action that can help you toward your goal which you can do **daily**.
3. Plan where and when you will do it every day of the week.

**This month the theme is all about creating change by developing new habits that will help us to achieve our goal.**

**For some people getting started on a new goal can prove difficult because it involves treading unfamiliar territory.**

**Our life is made up of our thoughts, feelings activities, routines and habits, some of which are automatic, that we have adopted and integrated over our lifetime.**

**Making a small change towards a desired goal and practicing it routinely can, over time, significantly alter the path we are on.**

**“Depending on what they are, our habits will either make or break us. We become what we repeatedly do”. Steve Covey**



**"You'll never change your life until you change something you do daily."  
—John C. Maxwell**

Creating a new habit that will help you achieve a goal is a positive method of establishing a new routine. As the new habit is self-determined it will sustain your interest and motivation as you continue to incorporate it into your daily activities.

Focusing on what you want to achieve instead of what you want to stop doing is a way to develop

4. Every time you encounter the time and place do the action. It will get easier with repetition and after a few weeks it will become part of your day.

Aiming for a new small change in your routine is easier to implement and stick to. One small improvement practiced daily can increase your self-confidence and self-esteem.