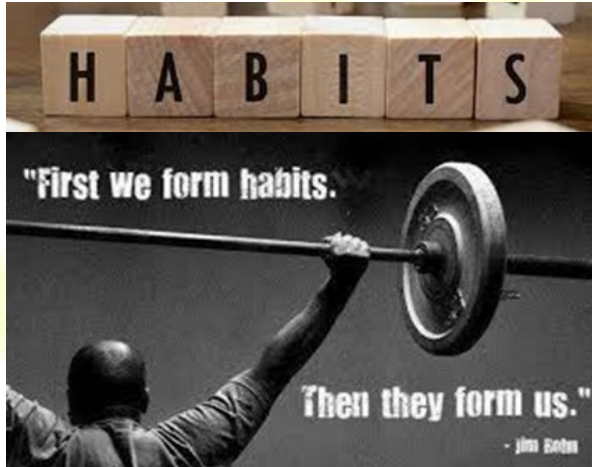


**HABBITS-----good or bad**

*“The difference between an amateur and a professional is their habits. An amateur has amateur habits. A professional has professional habits. We can never free ourselves from habit. But we can replace bad habits with good one.”*

– Steven Pressfield.

“A settled or regular tendency or practice, especially one that is hard to give up” this is dictionary meaning of habit, as we all know. But do we know our character is the outcome of our habits? We are built the way our habits built.



Habit has a great impact on our life. Three important aspects of life which are governed by habits are **H**ealth, **R**elationship and **S**uccess. If we have a bad habit of eating junk food, smoking, not doing exercise then our health is at toss. If we have a habit of getting angry more often we may ruin our relationships with our loved ones. If we are getting late to work every day and not having good habits of controlling financial decision then success would remain a dream only. Habits are extremely important. We first form habits and then they form us.

Now, just look at the pictures below. What do you see good and bad habits, right? How many good or bad habits do you have? Evert individual has it. Be aware of it first!



**Now how do I start good Habits?** Let’s take an example. Suppose you are highly motivated to make a good health. So you start your diet and exercise in full swing. You do it for couple of days and then your motivation begins to wane. Things start getting harder and progressively you get back to your old habits. Then you feel like you are a failure. And you think, what is a point in doing if I am not able to sustain it. Give yourself a break! It’s not your fault. The only issue is that you have started too much at once. Because for mind and body it would be difficult to accept sudden change in routine. Hence it has to be progressive. The brain is a beautiful thing, it always like to work in Auto-pilot mode. It likes the routine. It’s good to have good habits in Auto –pilot mode like Waking up early in the morning, brushing your teeth every day and many more. But when you have your bad habits in Auto-pilot mode, then there is a problem.

So it is important to use the Auto-Pilot function of brain. To create routine, you need to start with simple and easy task. Break your ultimate goal into small goals and start the first step. The man who removed the Mountain started by picking up the Smallest Stone, you don’t have to look at the complete stairs to take the first step. Let’s take an example, suppose you want to start exercise, don’t start it too much at once.

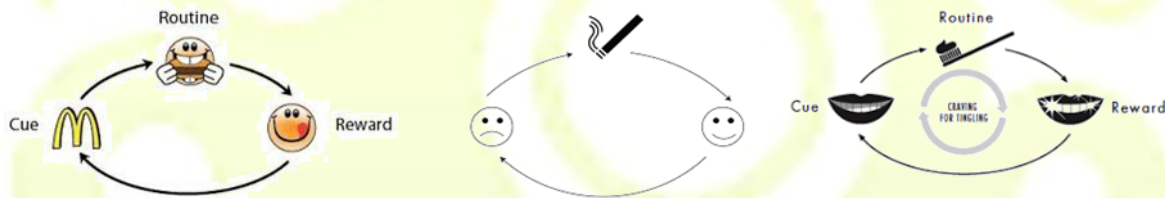
**HABBITS-----good or bad**

Just do 10 pushups which may take 3 minutes day. That’s it! But do it regularly without fail. Another example, suppose you want to start the habit of reading. Instead of reading for hours together, make a point that you read for 10 minutes a day. Then progressively increase the reading time. There are many such examples. Believe me you will definably succeed.

This will work because there are three reasons:

When you start with too much at once, you require very high will power to sustain it every day till you are habitual. But when you start with very small steps, it does not require high willingness and you can do it very easily. Reading for five min daily is easy than reading entire book in a day. Doing 1 min of mediation will be easy than joining a class of Yoga and attending it every day for two hours.

Second is, this will give you the taste of success. Even though small, but these are victories. Research has proved that the sense of accomplishment is not necessarily in line with the size of achievement. It would be interesting to mark the checklist you plan. It will also boost your motivation level and you try for more.



Third and most important reason that this will give you a required momentum. Once it is established it becomes routine and starts growing.

**How do we break bad habits or change it to good habits?**

Let’s try to understand the fundamentals of Habit as beautifully explained by **Mr. Charlse Duhigg**. As per him you need to have some trigger (cue) to start some act. Once this cue is there, mind goes into auto-pilot mode and the action starts. At the end you get some rewards. For example you are travelling and you see a McDonald on the way, that may be your trigger. So you stop there and buy a burger and that’s the routine. The satisfaction you get after eating is your reward. Another example for smokers, if they are sad or stressed that’s their cue to light a cigarette and a puff of it is a reward.

Now if there are some bad habits, how do we break it and instead start good one. It is simple you have to keep the cue and rewards and change the routine. Let’s try couple of example.

Some people have habit of nail biting. In that case you feel something on your nail tip and that’s your trigger. You immediately start nail biting which is a routine. At the end you get sense of satisfaction and that’s a rewards. So what you can do is when you get a trigger for nail biting try playing with stress ball or silly putty which will keep your hand busy till that trigger fades away. You can carry these small items in your bag .



So think about your **habits**, your **Cue**, **Routines** and **Rewards**. Identify bad and good habits, Cultivate good habits, **Break** bad habits by changing the routine.

Wish you a healthy and successful life. **Best of luck!!**



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