

What Habit Plagues You and Do You Want To Break It?

To be honest, everyone on the planet will have to admit to at least one persistent behavior that could be changed. Although some people would like to think differently, no one is perfect. Whether it is a relatively minor ritual of watching too much television, or a health risk like smoking cigarettes, by nature, human beings are imperfect and could benefit from knowing how bad habits can be broken. Knowing how to break dire habits can help you in all areas of life. For example, a lot of people have a problem with procrastination. Why do something right now, when you can always do it later? Unfortunately, when the last minute comes around, the self-induced pressure only makes it more difficult to complete the task at hand. Instead, imagine finishing in advance of a deadline and having time left over to relax or get ahead. Another habit that many people would love to break is chewing fingernails. For most, the unconscious ritual is simply a nasty and rude act that grosses out everyone else in the room. However, individuals have been known to gnaw at their nails until the fingers are sore and bleeding. Then, it becomes much more than an annoyance. Unfortunately, many behaviors are much more than a source of frustration. Unless something can be done to alter an individual's lifestyle, health risks are now the issue. For example, many people are comfort eaters. The total number of overweight adults is on the rise, and more children are already suffering the ill effects of eating too much junk food. In these cases, knowing how bad habits can be broken is literally a lifesaver. Unless the habit of reaching for food in answer to anxiety or boredom is broken, more people will be diagnosed with diabetes. Clogged arteries will continue to cause heart attacks and strokes. Plus, more and more people will have little quality of life, because simply going up a flight of stairs is exhausting. Forget about playing in the yard with the kids, or any other activities that bring joy in life. Only you know what behaviors you need to change. You have to judge whether your rituals are compromising your health or just an annoyance. But, if you want to do things differently, do not despair. You can learn how bad habits can be broken in no time at all, so you can become the person you truly want to be. Remember you are not the habit and it can be unlearned with a little practice and patience. You have to want it and put your heart and soul into learning the new behavior. It is easier than you might think and the rewards, in some cases, can be nothing short of life changing.

About the Author

Paul Sutherland is a Business Coach. His company DTI is also heavily involved in personal development. For that reason the website <http://www.perfected-products.com> was created. Here you will find some of the very best tried tested and proven methods for creating the life you really want.

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