

Lesson 10 - Recap

Habits and Getting Free

- Good habits make us more effective and productive. If you really want to change your life, start by changing your habits.
- Adopting a new routine and staying with it helps a new habit become ingrained. Good habits free up our mind to concentrate on other activities.
- If you need to lose weight and make a health turnaround, then don't delay one day. Start with a time of reflection, and make a plan to do something about your health.
- You will have more opportunities to learn something that could be useful to you and to your career if you're not solely focused on entertaining yourself with watching TV and online videos while participating in social media.
- Speaking ill of others is a ruinous habit because it creates negative energy. What you say almost always gets back to the person you're talking about.
- Before saying something not very nice, step back and ask yourself these three questions:
 Is it good? Is it useful? Is it truthful?
If you can't say yes to all three, then don't say it.
- Before you go to bed, take 10 minutes to reflect or read something inspirational or uplifting, or you can write in a journal the answers to the following questions:
 1. What was the best thing that happened today?
 2. What am I most grateful for today?
 3. What did I do to live my ideal day today?
 4. What is one new thing I learned today?
 5. What did I do to meet my goals today?
 6. What am I most looking forward to tomorrow?
- Instead of getting up in the morning and checking your e-mail, settle into the day by taking anywhere from 2 to 20 minutes being quiet, either reading or reflecting.
- Don't forget to drink lots of water, get at least 7 hours of sleep, eat healthy and avoid processed foods, limit alcohol, stay away from sodas, and exercise at least 20 minutes every day, even if it's just a walk around the neighborhood.

Exercises

1. What are some of your bad habits?

2. What effects do these bad habits have on your life, career, and relationships?

3. What's one bad habit you need to drop and replace with a healthy habit?

4. How much time do you spend on unimportant tasks each week?

5. What are some productive activities or projects you could better spend this time on?

6. How much of your life do you dedicate to education and learning versus entertainment? What is your actual ratio of hours per week spent on entertainment compared with the number of hours per week spent on education?
