

E5 Leader



HABITS

- We learn habits
 - They are environmental: can be taught.
- What inputs do you put into your mind to create habits?
- We can have a habit on how we think.
- It takes about 21 days to create a habit.
 - As you repeat an action often enough, it becomes engrained and part of your natural thought process.
- To change a habit, start with 21 days. You don't have to change the rest of your life; just change the little piece at a time.
 - Change another small piece in 21 days and on and on until it is complete.
- Look at the habits you have: the ones you like, the ones you may not like, and the ones you want to change.
 - Formulate a game plan to enhance the good and change the others.
- Your success is found in your daily habits.
 - What you do every day is where your mind is thinking and where your actions are going.