Habit-Forming

When I started deliberately making habits, I purposely didn't try to form any habit which seemed 'too big a step' for me.

When I planned to regularly drink a glass of water in the morning, I knew I could stick to that.

When I planned to eat a raw carrot if I wanted a donut, I knew I could consistently do that. When I planned to run up the stairs at the office instead of walking, I knew I could do that.

I don't employ habits only for health and exercises. I adopt them for everything I want to accomplish including progress on the spiritual plane and relationships with my wife and kids.

I'm firmly convinced that my habits shape who I become. Thus, when transforming my health, I formed habits for each part: eating, drinking, sleeping and exercising. Once I decide on a habit I want to implement, it's a matter of repeating it, which consolidates the habit so it becomes automatic, as if on 'autopilot'.

For me, daily habits are the way to go. Habits that I plan to perform less often than once a day are much harder to establish and sustain. I think this is even more so with bodily functions, because we eat, move, sleep and drink every day. My only two non-daily health-related habits are weighing myself once a week and fasting a whole day 1-3 times a week.

I pay little attention to my habits. I don't 'practice' doing them; I decide on a new habit which will help me and I complete the routine every day until I decide it no longer helps me. This way, habits just 'work'.

My fitness and health may seem impressive, but only in our society, where most of people minimize not only the amount of exercise, but amount of movement; where most people eat whatever they fancy with zero thought about the eventual repercussions of their diet.

I do the bare minimum. My body is a platform for other accomplishments. I don't think about my body much. I habitualized my health-related behaviors, and focus my attention on other things. Why? I have more important things to focus on. I write and edit about 10 hours a week; I spent at least 10 more on my other business activities (email, social media, research, etc.) and my personal development program. Heck, I pray more than I exercise.

Whet keeps me glued to my habits is the same power that made me developing them in the first place: my personal philosophy.

My 10-Minute Philosophy reminds me that small disciplines practiced regularly can make a huge compounded difference. I believe this is so with everything you do regularly, either positive or negative.

The effect of all activities compounds over time, so it's better for me to use this compound effect to work for me, instead of against me.

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What Works For Me:

- **creating habits for everyday activities**.

- **practicing the habits I create**; ingraining them into my routine for everything: eating, drinking, sleeping...

- **making daily habits**; I have very few weekly or monthly habits.

- **Keeping habits simple**; I achieve change in 10-minute chunks. I live by my 10 minute philosophy.

My habits provide an effective 'workout', so I can keep my energy at an optimal level.

I exercise a maximum 25 minutes a day; that happens only when I do my full 15-minute Weider series. I don't think I exercise more than two hours per week.

My Suggestions for You:

Your path may be different. I don't earn my living by using my body physically; I am neither model nor bodybuilder nor personal trainer.

Start things you know you can do, and make your 'doing' a regular, planned thing. Tell yourself *"Well done,"* when you continue a habit.

Additionally: stabilise each habit before you add another.

'Do it Now! If you don't, there will be no results tomorrow.'

MICHAL STAWICKI