



Destiny Management

The Final Edge to Metabolic Control™

Enhancing lifestyles through proven wellness and fitness systems™

Breaking Bad Habits

The first step is to admit to the habit. Once you have done this, you accept responsibility for the habit.

Next, analyze the events and feelings that go into the habit. Make a list of everything you can think of.

Since you have taken responsibility for the habit, you understand that you have the power to change it.

Convince yourself that you are worthwhile, even superior to the habit, with sufficient strength to break the habit. Write affirmations and post them where you can see them everyday.

Voluntarily stop the habit, immediately, not gradually.

Finally, find new, healthy replacements for the old habit (exercising, reading, or any other activity)

Making New Habits

First, make sure the habit you want to form means something to you. Make it a goal. By doing this you will ensure the first effort is correct, since it is the strongest.

Second, perform again and again. Review your goals daily. Make sure you perform the habit at least 21 consecutive times.

Finally, provide positive reinforcement - both internal and external. Reward yourself with something and practice affirmations. Stay away from negative people and circumstance.

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