

Replace bad habits with good habits

Question: Can bad habits lead to bad health?

Answer: We all have good and bad habits. Our good habits serve us well and our bad habits hold us back. Consciously choosing to replace something we know we shouldn't do with something good for us is a wonderful choice — especially if it advances our health.

In order to turn bad habits into good ones, identify them. On a sheet of paper, list your bad habits. This is important because it raises your awareness. Bad habits attack when self-esteem is low and often gives us temporary pleasure, but makes things worse. Being aware of a habit helps you to stop doing it. If you can't think of any bad habits, ask your significant other and I am sure they could point out a few. Perpetuation of a bad habit is self-defeating and undermines our mental well-being. Mental well-being is intertwined with physical well-being and our health suffers demonstrating the results as pain, stress or a weakened immune system.

To right your bad habit, think of an alternative behavior to each one and write it down. Next to your replacement habit, list some of the positive emotions or feelings that would result by substituting the good for the bad. The more vivid you can experience the positive change with all your senses the more realistic the goal to change will become. Practice your new vision of the good habits and their results at least three times daily and express your intentions to your friends and family to allow the laws of attraction unfold and create positive change.

Exercise is a great tool to help break bad habits. Exercise makes you feel better about yourself, which reinforces the benefits of exercising and makes you more likely to exercise again. Choose an exercise you like so you will not feel uncomfortable at first. As you become healthier and fitter, you will also become more productive and less likely to take up those old, bad habits. Feeling good about yourself can become addicting and you will not want to turn back to the bad habits.

Be easy on yourself as you make small changes in your life a little at a time. Breaking habits takes time and discipline. The reward is a better quality of life with self-confidence.

Quote of the week: *“When the power of love overcomes the love of power the world will know peace.”* – Jimi Hendrix