

Mental Bench Press
12.09.09
Breaking Bad Habits



3 Awesome Tips To Kick Out Bad Habits

If only breaking bad habits is as easy as developing them. Unfortunately, once something becomes a habit, it tends to stick with you for a long time. However, that doesn't mean bad habits are impossible to break. There are certain ways you can do to get rid of them once and for all.

Breaking bad habits will take a little bit of work and patience on your side; but with these tips, you'll easily meet your goal!

Tip 1: Have a "breaking bad habits" buddy.

It's always nice to have someone around to support you and your goals. Haven't you ever wondered why dieting and exercising always seems to work better when you're not alone?

The same concept applies to breaking bad habits. If you want to quit smoking, for example, it will be easier if you have a friend trying to quit alongside you. Or even if your friend doesn't smoke, he could be there to help you resist temptation.

Tip 2: Learn to reward yourself.

Breaking bad habits often means making a few sacrifices. One way to motivate yourself is to reward yourself upon passing every level. Let's use the smoking example once more.

Say your short-term goal is to keep away from cigarettes for two whole days. If you pass that test, give yourself a nice reward. The reward should not be a respite from your goal, but something else that is not related to your bad habit. Say, a nice massage at the spa.

Your next goal should become slightly higher, like no smoking for two weeks. Once you pass that benchmark, reward yourself again.

Tip 3: Focus on your goal.

Why do you want to quit smoking anyway? One way to keep yourself disciplined throughout the process is by focusing on the reason you decided to do this in the first place.

If smoking will help you get the girl of your dreams, or if it will improve your health, focus on that. Sometimes, it's easy to slide back to the old routine. Sometimes, it's easier to give up than to press on. However, as long as you keep your mind on what's really important, you will make it through until the end.

Breaking bad habits is not always easy. But it is very possible. Get a little help and support from your friends and family. Give yourself incentives for a job well done and keep your eye on the prize. If you follow these three tips, then I'm sure you'll be breaking bad habits left and right in no time.

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