



Things to Ponder

- [About the Author](#)
- [Order](#)
- [About the Book](#)
- [Reviews](#)
- [Readers' Comments](#)
- [News & Events](#)
- [A Prayer for the Day](#)
- [Things To Shout Out!](#)
- [Things to Ponder](#)
- [My Favorite Quotes](#)
- [FAQ](#)
- [Contact](#)
- [Home](#)

Change Your Habits to Achieve More Success

By Judi Moreo

Success and failure are largely the result of habit, the automatic ways you respond and react to what's going on around you. Changing habits which are no longer consistent with your purpose is one of the hardest things you'll ever have to do, and one of the most essential to the quality of your life. Changing self-defeating habits must take priority. You are living today with habits you must discard if you are going to move forward. Remember, bad habits are easy to form, but hard to live with; good habits are hard to form, but easy to live with.

You can change your habits if you really want to. Your negative habits stand between you and success. Habits can be unlearned. You are today, in every respect, the result of your conditioning. Whatever thoughts or actions you repeat often enough become new habits. You can develop any habit you consider desirable or necessary. It is impossible to make a change in your life without destroying the compulsive hold this habit has on you.

Your ability to take control of your mind and begin thinking the kind of thoughts that lead to the outcomes you desire is the starting point of the process that leads to complete freedom, happiness and self-expression. In practicing our new habits, and as these new habits become stronger, we are less and less tempted by the old ones. Even so, we must remember that old habits are never destroyed for good. They are only submerged. For this reason, we must always be aware of our thoughts and actions and keep dominant thoughts operating constructively upon new habits.

Look at everything that comes into your life as a chance to change for the better. If you want to become as much as you're capable of becoming, you must change your habits. You can change your habits and lead a more successful life, if you will stop relying on something outside of yourself and get in the habit of realizing that you have to work to get what you want. It is all up to you. The person you can be and what might have been will then become what is. Posted with permission from Judi Moreo

<http://www.judimoreo.com/ezine/archive/2014/0129.html>
Judi Moreo - Winning Solutions judi@choicesonlinemedia.com

