



Things to Ponder

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Postings for Sunday, June 30 & July 7, 2019

Posting for Sunday, June 30, 2019:

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.

Posting for Sunday, July 7, 2019:

School Is Never Out

By Judi Moreo

It happens every summer. While idle minds are still daydreaming of ways to beat the summer heat, the ads start to appear on television, in our mailboxes, on the internet and in every store. From paper and pencils to lamps and rugs for dorm rooms, it seems everyone has something we need for "back-to-school."

We think of school as a time of learning and, all too often, think that when we graduate from high school, college or grad school we know everything we need to know to be successful. The reality is that school is never out. Learning is a lifelong process.

Those who are committed to learning throughout their lives are more creative, take more initiative, and are more responsive to their circumstances and situations. Constant learning helps to better manage uncertainties, negotiate conflicts and communicate with people from diverse cultural, socio-economic and educational backgrounds. Lifelong learning has become more important in the information age. People who stop their education when they leave school will soon be left behind.

If you are not already committed to learning, there are some things you can do to help get yourself in the habit.

Start each day with something new. Make time in your morning routine to read. Set aside a half hour at the beginning of your day when your mind is fresh to read a book or informational article. Newspapers and magazines don't count unless the article is specifically related to a topic in your field of work or special interest. Get up a few minutes earlier and allow yourself to learn something new.

Always have a book with you. It's easier these days to carry your library with you. With e-books on your i-phone, i-pad or kindle, you can access your reading material anywhere, anytime. Make use of the time you spend waiting at the doctor's office, in long lines or waiting for someone at the airport. The more you read, the more you learn and the more you will want to read.

Teach someone else. Pass on what you have learned. Sharing your new found knowledge will help to make it something that will stick with you. We often learn best by teaching someone else.

Join a special interest group. Join a book club, enroll in an art class, take yoga classes. Expand your knowledge and skill in your current interests and passions or discover something new. When you join a group, you learn not only from the instructor, but from other members of the group as well.

Associate with people who are interested in learning. Spend time with other people who invest time in learning new skills. Their habits will rub off on you. The added bonus is the sharing of knowledge that occurs.

School is never out. Get out your pencils and books. The pursuit of knowledge for either personal or professional reasons leads to a more active, successful life.

<http://www.judimoreo.com/ezine/archive/2014/0129.html>

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