



TODAY I UNDERSTAND MY LIMITING HABITS.

DAY.13

"We are what we repeatedly do... therefore excellence is not an act, but a habit." – Aristototle

We have **many kinds of habits**. How we take care of ourselves, eat, sleep, and exercise or the lack thereof are habits. But also patterns of thoughts. Those tapes in your mind with a repetitive story is a habit. Our reactions to questions & situations are habits. Unconscious, yet standard ways of reacting. But also the words we use. How we spend money. What we read, and watch. Until the words we use, and even our body postures are habits.

Habits feel familiar to us and thus comfortable to us (even when they are not helping us, or even negative, toxic, self-destructive)

Habits become part of us. Patterns of behaviour are **carved into our daily life, life carving in a thick wood.**

Habits are functional. They save us from thinking time in the present moment. **We act on autopilot.** That's okay. Except when we habit is in our way & preventing us from being our best selves.

Changing habits is challenging exactly for that reason, "we do it without thinking". Through awareness, we add this conscious thinking in the present moment. **To give ourselves a 3-second window of being present, to choose consciously** what to do, say, eat etc.

As we become more aware of our habits, we come closer to the truth of how we live our daily lives. As well as help us predict our future because we become what we do daily. It is **through attention, and curiosity we shift habits** in a lasting way, not through force, punishments or rewards. Rebuild a trusting relationship with yourself. So you count on yourself.

DAY.13

Phrase of the day: 'Today I understand my limiting habits'

Write this phrase in your journal.

*"Watch your thoughts,
they become your words;
watch your words,
they become your actions;
watch your actions,
they become your habits;
watch your habits,
they become your character;
watch your character, I
t becomes your destiny."*

— Lao Tzu

PRACTICE:

Start your day by writing down the parts of your character you love. As many as you can think of. Then write down the parts of your character that upset or disappoint you or others. Breathe. It's okay.

Secondly write down several habits you do regularly, that serve you, make you proud, or give you peace of mind.

Thirdly, write down several habits that are unhelpful, not serving you anymore, negative, or even toxic or self-destructive.

Throughout your day we invite you to observe other things you do regularly, you didn't notice were a habit. For example, interrupting other people, or saying yes to every request, or asking permission/confirmation to others, or isolating yourself when you feel pressured? Whatever the pattern may be. Don't judge. Just observe. Keep notes in your journal throughout the day.