

Habits

Habits control our lives. We are a summary of our good as well as bad habits.

A habit is what we do almost, if not totally, subconsciously. We drive to work each day and sometimes are not even aware of the route itself. The car just goes where it has gone all the days before. Did you ever catch yourself on a weekend going out in the car and ending up heading towards work? That is your habit.

The conscious mind handles 40 bits of information a second. The subconscious mind handles 40 million bits of information a second. Hence, the subconscious is 1,000 times more powerful than the conscious mind.

Our habits are part of our subconscious mind and are automatically programmed. To change them is to make a conscious decision and repeat that conscious decision for at least 30 days. Once an activity has been repeated for 30 days or more it becomes a habit. Being a habit it is in the subconscious mind and automatic.

The subconscious repeats what it knows automatically. It does not filter it nor does it judge it. It just does. The subconscious mind can be compared to a computer program. It does as the program indicates without any judgment or thought. The process is always the same.

We are born with a fully functioning and programmed subconscious. A baby knows how to suckle from birth. The flow of blood, breathing, digestion and all bodily functions are preprogrammed in the sub conscious mind before birth.

When we are struck with an emergency we find we have what appears to be super human strength and ability to just do something immediately without any apparent thought or decision process. Consider driving and avoiding an accident. Consider the woman that lifts a car off a baby.

Yes, the subconscious acts and acts far faster than the conscious mind. Without the subconscious we would not be here. Once we program something

into the subconscious it is automatic and we can then use our conscious mind for something else. Our conscious mind is our creativity.

To form a new habit takes conscious effort. To maintain the conscious effort for the length of time needed for the subconscious to take over is the real problem.

January 1st we start off with resolutions. Sure, we can eat right for a few days. Then, we slip. We make an exception and then the exception become the norm as it is already our habit. How do we change that and create a new habit?

We have to do something repeatedly to make a habit. To do something repeatedly we have to focus on the benefit of it and not the lack or the negative side of it. When we want to eat healthy we need to do it daily until it becomes a habit seeing ourselves looking thinner and better looking. We have to see the benefits and the value. By focusing on the benefits it makes it easier to repeat the behavior until it becomes a habit.

Once we eliminate fatty foods from our diet for long enough when we taste them again we find they no longer taste good. The same thing, believe it or not, goes for sugar. Once exercise becomes a habit and we miss several days our body cries out for it.

So, we can make good habits and they will become automatic. The automatic feature makes it work and work well for us. Consciously repeat the new habit with positive reinforcement for at least 30 days. Thereafter, it will be automatic and you can then start on another good habit you want to form. A bad habit can only be eliminated by replacing it with a good habit.

Make your habits positive and healthy and your life will be positive and healthy.