

## THE HABITUAL LIFESTYLE

*Habits are created by repeated activity.*

Have you ever intended to travel somewhere, and begun to go towards a familiar route and suddenly realised that 'oops, I am going the wrong way'? This usually happens simply because you are accustomed to going in that particular direction? This is how habits are created - by repeated activity.

In the same way, your thought processes can be chosen to go in a particular direction. The more you direct your thoughts in the chosen manner, the more it tends to habitually adopt that direction. This prescribed thought process which has been consciously induced, takes on a subconscious life of its own and gradually becomes the automatic chosen course of thought.

You may wish to begin the process of challenging your thinking by answering the following questions sincerely:

- **Question:** Do you believe that success is possible for everyone?
- **Your Answer:**
  
- **Question:** As a result, do you believe that success is possible for you?
- **Your Answer:**
  
- **Question:** Why do you believe that success is possible for everyone?
- **My Answer:** This is because everyone is born a champion, but losers are made, because they develop failure habits and continue to practise these.
  
- **Question:** Write down (or think of) three of your championship habits? If you had never thought of them before now, start some creative thinking immediately.
- **Your Answer:**

- 1.
- 2.
- 3.

- **Question:** Write down three of your excuses for failure?
- **Your Answer:**

- 1.
- 2.
- 3.

The reason that I have asked you to do this is so that you can easily recognise these failure habits when they show up – it will provide you the opportunity to de-emphasise them, rather than entertain and celebrate them, subconsciously.

Create yardsticks that will help you measure the progress of your championship habits, such as formulating your life goals. Amateurs compare themselves with others, while champions measure their performance against their preset goals.

Kola Olutimehin BSC FCCA, helps people to induce their dreams and to work towards the achievement of these dreams in their lifetime. He also provides business process re-engineering services to corporations towards the attainment of their corporate goals. A **life and business coach, author, international motivational speaker, investor and chartered certified accountant**, Kola conducts 'Dream and Achieve' seminars and various conferences in addition to bespoke workshops to organisations and individuals.

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