

12. Good Habits & Bad

Rather sudden, grave resolution, your life is probably more affected by irrelevant, repetitive, unthinking behavior. Until the day you die, your body and mind will be governed by good habits and bad ones. These acts determine the quality of your existence. Everyone knows that bad habits are easy to form, since they are quite agreeable to man's lazy and selfish nature; but good ones are difficult to fabricate because they need perseverance and lack social reinforcement. But, nevertheless, though bad habits are hard to break, it is never too late to start making good ones-you just need determination and dedication. Doing something over and over again until you don't have to think about it is how actions become habitual in the first place.

Comprehension

1. Is "habit" ever directly defined in the paragraph?
2. Why are bad habits so easy to acquire?
3. What would make it easier to form good habits?

Your opinion

1. What good habits do you have?
2. What are your worst habits?
3. How do you create a habit? Or does it just happen without any activity on your part?
4. Are there any habits you want to lose?
5. What habits do you want your children to have?