

### HOW TO START AND MAINTAIN GOOD HABITS

#### Step One: Desire

You must start with a strong desire. You must be internally motivated. External motivations don't last. If you start only half-heartedly, you will never make it to the success point.

#### Step Two: Decide

Begin right now! Don't wait. Don't procrastinate. You don't slide into a new habit. **One of these days never arrives.** You must have a starting point. It's easier to break a bad habit today than it will be tomorrow!

#### Step Three: Declaration

Announce your intentions publicly. Make a covenant or resolution. The power of a vow is awesome. It is particularly powerful if you put your commitment in writing.

#### Step Four: Determination

Never allow an exception until the new habit is securely rooted in your life. Each lapse will be fatal. A single slip unwinds many turns at first. Continuity and success at the start is essential. Never be swayed by **just this once**. The act of yielding weakens the will and reinforces your lack of self-control. It takes 3 weeks to become comfortable with a new habit and it takes another 3 to 4 weeks (doing it daily) for it to become a part of your life.

#### Step Five: Just Do It!

Whenever you feel the slightest urge or prompting to practice this new habit—DO IT THEN! Don't wait. Seize every opportunity to reinforce your habit. Those feelings will not last, so whenever you feel inclined to perform your new habit, do so!

#### Step Six: Double Up

Get a partner who will support you and encourage you. Find someone who is willing to hold you accountable and check up on you especially in the early days before the habit is firmly rooted in your life.

#### Step Seven: Depend on GOD

Rely on GOD's power to help you establish the habit. Remember, Satan does not want you to develop habits that help you grow spiritually and make you like Christ so he will do all he can to tempt you, cause you to slip, or discourage you. Pray!