

Discipline Yourself
Kick the Habit & Pick some up!

I am your constant companion.

**I am your greatest helper or heaviest burden.
I will push you onward or drag you down to failure.
I am completely at your command.**

**Half of the things you do you might as well turn over to me and I
will do them - quickly and correctly.**

**I am easily managed - you must be firm with me.
Show me exactly how you want something done and after a few
lessons, I will do it automatically.**

**I am the servant of great people,
and alas, of all failures as well.
Those who are great, I have made great.
Those who are failures, I have made failures.**

**I am not a machine though
I work with the precision of a machine
plus the intelligence of a person.**

**You may run me for profit or run me for ruin -
it makes no difference to me.**

**Take me, train me, be firm with me, and
I will place the world at your feet.**

Be easy with me and I will destroy you. Who am I?

I am Habit.

(Anonymous)

You probably recognise yourself in that poem. Good habits and bad habits can be created or broken. Which one will you be willing to attempt. Here are some ways to handle it.



Don't make excuses – You have realised that a change needs to be made so go for it.

Set your mind – Don't despair, make an absolute decision about your habit.

Find an alternative – Start thinking differently, put something good in place of your bad habits and vice versa.

Keep a journal – Write down your success as you start to make your changes.



Picture Your Dreams Workshops

- **Do you want to be:-**
Inspired? – Inspiration comes from within, but sometimes you may need a kick start too.
- **Do you want to be:-**
Focused? – are you easily distracted by every day life?
Then you need to set some goals that will set your eyes on a dream that drives you to action?
- **Do you want to be:-**
Achieving your dreams? – Want to take the time out to start zoning into some goals in your life?

**Then the “Picture Your Dreams” Workshop is for you.
Next workshop date is Tues 26th May 2009 – cost £10.00.
@ Campanile Hotel – Coventry UK.
Find out more and book now! -
<http://www.pictureyourdreams.co.uk/14.html>**

Your dream – Next steps – Quick tips

Tip 1 - Stop procrastinating – stop putting things off – start believing in yourself – start to do things now. Need help with getting started? Send me an email - denisef@pictureyourdreams.co.uk

Tip 2 - There are some things that believe it or not you have achieved already. Start to put things down on the paper. Why not send details of what you did and of course, a picture of it, (if you have one!) to achievers@pictureyourdreams.co.uk and I will publish it on the webpage.

Go Forward with your Dream Now!

Denise Farquharson

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