



GOOD HABITS VERSUS BAD HABITS

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A habit is something which a person does repeatedly, usually or regularly. A habit is something we do over and over again. Habits can be good or bad. Habits make people who they are. They also challenge a person's self-will in controlling his or her own behavior. All of us have habits. Some habits may be the same with others and some are not. A person may possess good habits, bad habits or the combination of both. However, a person is responsible on how to handle them in his whole life. He can keep the good habits and change the bad ones. To cease doing the bad habits is not an easy thing. A person's body system doesn't have a "delete" button to press anytime he wants to quit or erase the bad habits he has. It requires essential courage and enough strength to put an end. It needs willpower.

It is more significant to propagate and cultivate good habits. A man who has nice habits is often emulated and followed. Everyone shows respect him because of his good habits. He becomes a role model to other people. Because what he is doing is practically important. It gives clarity of his personality. It is the brilliant light of his own character that shines among other people. It's worthy to mimic good habits because we acquire a desirable value in life. Being punctual in school is an example of a good habit. Teachers are always glad when their students are coming on time. A latecomer may imitate him or her. He would challenge himself to do the same. Good habits help a person to succeed in life. They guarantee a huge success. But he has to work it out. Success does not come naturally. A person needs to exert much effort to achieve it.

On the contrary, some people have bad habits. Bad habits are negative behavior patterns. These affect in their daily lives. Overspending is a common example of a bad habit. It is spending money more than one a person can buy. It is likewise a common problem especially when he or she has credit cards. It's because of the availability of credit. A person may overspend to impress their associates, for example, by picking up the bill for a meal at a restaurant. He must control his expenses to avoid this problem and be worry-free. There are a lot of bad habits around. If you can't control them and you indulge, you'll find yourself glued with them and you can't easily quit doing so. However, there are multiple techniques on how to remove these bad habits. A person must give priorities to do significant procedures on how to avoid or eliminate them. According to Donald Latumahina, bad habits are among the worst enemies of living life to the fullest. So, the first step to breaking the bad habits is to identify them. Only after identifying them can you decide to do something about them.

Whether we like it or not, good habits must prevail than bad habits in ourselves. We should keep and vitalize the good ones rather the bad practices. We should not leave an empty space for bad habits to occupy. Let us utilize our willpower to be always aware of practicing good habits. Our self-control will lead us to overshadow the bad habits around. It is our strength to continue enjoying life worth living. It is our driving force and major determination to live life to the fullest.

Questions for discussion:

1. What springs to mind when you hear the word "habits"?
2. When do we say it's a good habit? When do we say it's a bad habit? Cite
3. examples.
4. What are your good and bad habits? How did you change your bad habits?
5. Why do we need to strengthen good habits and eradicate the bad ones?
6. Which is one of your habits that you are most proud of? Why?