

**Habits to Give Up and  
7 Habits to replace  
them with!**

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## Greetings!

I am a great believer of reflection and learning to pay attention to experiences that have made you grateful, provided you with great memories and the challenges that have taught you vital lessons.

I have done this over the last few days and it has been a very positive exercise that has put fire in my belly to put pen to paper and write this article as upon reflecting I could have a lot more if I never had these 7 un-productive habits but I find 7 that we can replace them with.

### 7 unproductive habits to give up in 2017:

**1. Overthinking** - Overthinking sounds like a good thing on the surface, as we should be thinking right? However overthinking is caused by a single emotion: fear. We can overthink positive things until they don't look so positive, then it becomes difficult to act!

**2. Fearing Change** - We're programmed to fear change as we like to stay within our comfort zones and change requires doing things outside of our comfort zone and most importantly act. Fearing change is our autopilot safety guide warning us of unknown territory, the 'what if's' kick in. Once we recognise the autopilot, it can be overridden into manual drive!

**3. Living in the past** - The past has happened and cannot be changed! It should remain behind us and not carried into our present as it could hold us back from the future.

**4. Negative self-talk** - A little self-criticism can push us into developing ourselves. However there is a vast difference with demeaning, disparaging, or negative self-talk this will only increase stress levels and postpone progression.

**5. Trying to please everyone** - People pleasing will not only drain you but prevent from meeting your own needs. It can also lead to people taking advantage of your kindness, as you are constantly putting the needs of others before your own.

**6. Complaining** - It's just not worth it! Be aware of the words that come out of your mouth, they impact you and the people around you. Speaking negatively will only attract more of what you do not want.

**7. Saying 'yes' all the time** - You may think you don't have enough time. You do. Maybe you spend your time doing the wrong things. Stop saying "yes" to everything, especially when you want to say "no" but don't know how to. Let me help you NO!

**Anytime we give something up it is a good idea to replace it, so here are 7 productive replacements:**

**1. Action thinking** - Once you've thought of something positive to do, don't over-think it act on it. Even when we don't have all the tools, it's all a learning process. It is better to try something even when you face challenges, than to stay stagnant in over-thinking.

**2. Embrace Change** - Change is Good! Changes often force us to adapt in ways we've never experienced, which can be a major driver of personal (and even professional) growth and development. If change is not embraced the worst that could happen is that we settle with whatever happens. Having the confidence to take action in the face of fear provides you with a sense of control, ultimately it also provides you with a life full of purpose and joy!

**3. Future is forward** - Always take that leap of faith into the unknown, but you also need to ACT as Action, Changes, Things! A quote from my favourite book say's 'faith with out works is dead' which means faith without your action means nothing.

**4. Positive self-talk** - Treat yourself as you would a friend, and see the positive in situations. Motivational self-talk such as "you've got this," or "you can do it," "keep going," can help with confidence, strength, and endurance.

**5. Knowing the difference between goodwill and pleasing** - This isn't about never doing anything for anyone else again. Notice when in your heart you genuinely want to do something for someone versus when you're doing something just because someone else wants you to, or you want to manipulate the situation, or you fear consequences if you don't do it. Learning the difference will help you make better choices for yourself.

**6. Gratitude** - Speak of good things, things that you are grateful for and more good things will happen. Simple!

**7. Its ok to say 'no'** - Embrace "no". Love "no". No is your word for 2017. Love it, live it, and use it.

I hope this was useful to your!

Love & Blessings, Paula x