

Module 4 – Lesson 28: Module 4 Summary and Reflection

This module further expands one of the topics in the previous module – Habits. Most people acknowledge they have both good and poor habits. Few understand the long-term implications of those habits.

The Colorado River formed the Grand Canyon by making a habit of running over the same path for millions of years. Your personal habits can have equally significant consequences.

It's important to determine if your habits are benefiting you or causing harm. Most habits have consequences that appear positive in the short-term. It's only when examined from a long-term perspective that the truth is revealed. Bad habits are positive in the short-term, but detrimental over longer periods of time.

Good habits take time to create. Bad habits take time to remove. With diligence, you can be well on your way to accomplishing either.

There are some universal habits that can assist with the accomplishment of any goal, and we discuss eight of these habits to move you forward to the success you desire. Many parts of your life can benefit from adopting these habits.

Choice bias is the phenomenon of enjoying choices that you make for yourself over the choices that others make for you. This is an important concept to use when creating new habits.

Self-Reflection Exercises:

1. What are my negative habits as related to my goals or my health? How do these habits impede my progress or health? If I could change only one of these habits, which would it be?

2. What are five new, empowering habits I would like to have that would improve the odds of achieving my goals?
3. How can I implement habits that bring success into my life?
4. How can I apply the concept of choice bias to create new, helpful habits?

Now that you've seen how important your habits are and how to encourage habits that support your goals, the last module, coming up, will help you put everything together and start living the best year you've ever had!