

Volume 13, Issue 03: Focus on Habits

By this time in the new year, many people are still excited about the goals they have set for the new year, still hopeful of attaining success where they have done poorly before. However, most people fail to follow through on their goals by embracing the necessary habits and making the lifestyle adjustments to achieve optimal results.

Goals are good, but they don't get you where you want to go. What gets results is goal-oriented habits. Therefore, to get better results, one must build better habits. New habits in the right direction translate to a new lifestyle, which lived overtime, produces new results.

"New goals don't deliver new results. New lifestyles do. And a lifestyle is a process, not an outcome. For this reason, all of your energy should go into building better habits, not chasing better results." James Clear.

Placing a lot of emphasis on results, especially during the initial stages of pursuing a goal can lead to abandoning the goal all together when results aren't forthcoming. It takes time and repeated effort to start seeing results. Therefore, once you figure out what it takes to get the results you want, keep your focus on that instead.

If you are serious about getting better results with your goals this year, focus on building better habits and making the necessary lifestyle adjustments that come with new habits. Be willing to be comfortable with the discomfort that accompanies the initial stages of habit formation and lifestyle change.

For His Glory,

Focus on Habits

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