Create New Habits and Eliminate Bad Ones

If you aren’t happy with how the quarter has started off, you may need to make some changes. Doing the same things out of habit gets you the same results, so you must figure out what old habits are hurting you and create new habits to help you.

Fritz writes that establishing a habit means repeating something often enough that you take what was uncomfortable to you and make it comfortable (as cited in Sexton, n.d.). According to Chernoff (2012), there are twenty bad habits many of us repeatedly struggle with related to perceived failure, lack of confidence, and personal accountability, but they are habits that can be broken. Changing bad habits is necessary, as they can affect our lives in a negative way. Some of the points Chernoff (2012) makes can be found below.

- **Ask for help when you need it.** Create the habit of seeking assistance from others; be smart enough to know when you need help and brave enough to ask for it (Chernoff, 2012). Take advantage of faculty office hours and tutoring, and ask fellow students to study and review with you.

- **One bad grade or day shouldn’t ruin your life.** Everyone makes mistakes or screws up occasionally, so stop the bad habit of doom and gloom. Don’t let one or two bad things determine the rest of your life (Chernoff, 2012).

- **When things get slightly difficult, carry on.** Stay focused, and keep moving toward your goal—to be a nurse (Chernoff, 2012). You can do it, so create a habit of perseverance.

- **You’ve made it this far, so you must know something.** Stop discrediting yourself for everything you aren’t and start a new routine where you give yourself credit for everything that you are (Chernoff, 2012).

- **Running from problems and fears doesn’t make them go away.** Create the habit of facing your fears and looking for solutions to problems. “Either you own your problems and fears, or they will ultimately own you” (Chernoff, 2012, para. 15).

- **Denying personal responsibility doesn’t help.** The decisions you make determine what you get out of life, and you will continue to receive the same things until you make different choices. “The choices might not be easy, but they are available. You will not get a different result until you exercise a choice that forces you to grow by habit, by action, and by change” (Chernoff, 2012, para. 9).

- **Living in the past doesn’t allow you to live in the present.** According to Chernoff, (2012), “you are exactly where you need to be to reach your goals. Everything you’ve been through was preparation for where you are right now and where you can be tomorrow (para. 16). Practice letting go of the past and remain in the present.

If you’ve gotten into any bad habits, you’ll be more successful if you make some changes now. Motivational author Fritz says that it takes at least 28 days before a new habit is established. If you focus on creating new habits, you can break the old ones. Start by choosing a habit you currently have that you want to change and think of a better habit to replace it with (as cited in Sexton, n.d.).

Getting rid of bad habits, learning new habits, being positive, facing fears, and accepting responsibility for your actions are choices that you need to make to be successful in school and in life. You can start today!

References:
