

LONG-TERM HABITS FOR A FULFILLED LIFE



SUCCESSFUL PEOPLE NEVER BLAME OTHERS FOR THEIR FAILURES OR SUCCESS

They know they are in charge of their happiness. Creating habits that work in your favor, give you pleasure and improve the overall feeling of satisfaction, day after day, plays a vital role in maintaining a fulfilled life.

If you reflect on your life and honestly review your habits, you'll find several blind spots that prevent you from living a life you want and deserve.

Before I share the list of long-term habits to include in your routine, let's talk about the process of creating habits, potential challenges, and solutions.

Stay tuned for the list of life-changing habits!

WHAT ARE HABITS AND WHY ARE THEY IMPORTANT?

Everything you do repeatedly and frequently, as part of your daily or occasional routine counts as habits. It includes various behaviors and your actions in different situations. A habit can be getting up at the same time on workday and sleeping until late on Sunday.



Habits are important for people
for several reasons.

First of all, habits are performed unconsciously, so your mind doesn't have to deal with those activities and has time and space to think about something else. For example, what are you thinking about while you are brushing your teeth? You are probably thinking about the current situation that bothers you, or planning what you'll wear today for work, or something similar.

Habits play an important role in a person's health. Developing healthy eating habits is key to a long and healthy life. Keeping up with the medications is also a habit that prevents your health from deteriorating. On the other hand, sticking to sugary drinks affects your teeth, and may lead to chronic illnesses, such as diabetes and obesity.

GOOD VS BAD HABITS

Have you ever thought about what makes good habits good, and why you need to break the bad habits? The answer lies in habit itself.

A bad habit has negative emotional, physical, or other consequences. Behavior, such as smoking cigarettes and biting your nails is an example.

When a person lights up a cigarette, as part of their daily habit, that person doesn't think about long-term consequences and automatically repeats the actions over and over again. Because of it, the bad habit becomes challenging to break and puts the person at high risk of health issues.



In simple words, a good habit is beneficial for your health and overall well-being.

But, just like bad habits are difficult to break, good habits sometimes take time and willing effort to develop.

Keep reading to see the best method for developing good habits!

HOW TO DEVELOP NEW HABITS?

In urban culture, there is a well-known rule called 21/90 that supposedly helps you build new habits. The trick is to stick to one habit for 21 days straight, as some believe it is the time required for a new habit to stick. Once 21 days pass, continue to repeat the action for 90 more days, and you'll develop a new habit!

But, in reality, it doesn't necessarily mean that the method will be effective for everyone. It makes sense that prolonged and willing actions will potentially lead to automatization.

However, there is a potentially more effective pattern of developing new habits that you can mix with the 21/90 model.

The trick is to tie your new habit to the existing one. Experts suggest that a morning routine is a great way to start as most people start their days the same way for years. Therefore, if you want to develop a new habit, work on it in the morning.

For example, if you want to increase your reading time, spend time reading several pages in the morning while you are drinking your morning coffee.

If you want to take better care of your skin, start by gently massaging it in the morning in front of the mirror for a couple of minutes, every day. Soon, these actions will normally blend into your routine of getting up from the bed, taking a shower, brushing teeth, having coffee and breakfast, and going to work.



Always develop one
good habit at a time

HOW TO KEEP NEW HABITS?

Developing a new habit isn't the only challenge. Sticking to it long-term is an obstacle for many people.

There are a few things you can do to ensure your new healthy habit stick with you for life:

- Always develop one good habit at a time
- Set up milestones
- Don't beat yourself up for failures
- Don't start over when you get tired, continue from where you've left
- Include friends and family as a support

10 BEST HABITS TO DEVELOP RIGHT NOW FOR FULFILLING LIFE

Let's take a closer look at the best habits you can develop to experience long-term positive changes. Don't forget, chose one habit to focus on, and process with others as that one sticks!

#1 GET ENOUGH SLEEP

Getting enough sleep is the best thing to do to maintain stable energy levels and good health. You can start with setting up bedtime and sticking to it, skipping TV shows in the night to get an extra hour of sleep, passing up on socializing to sleep. There is nothing wrong with focusing on your sleep, especially in the first couple of months while you work on your habit.



Getting enough sleep will help you cope with stress in the long run, maintain good-looking skin, keep your hormones in balance, and have other positive effects. It can prevent you from getting in a bad mood and getting behind your tasks because you'll have enough energy for everything!

#2 PRACTICE SELF-CARE

First, define what self-care is for you. If you consider going to a spa or on facial treatment a self-care, ensure you always have time and money to focus on yourself.

Education can be a form of self-care as well. If that is the case with you, set your learning schedule and stick with it.

Taking care of yourself will help you maintain love for yourself, which has numerous benefits. A proper self-care routine has been proven to decrease the rate of depression, anxiety, improves concentration, and has overall positive effects on your mind.

#3 MEDITATE

Meditation can be controversial if you don't believe in positive effects. But, you don't have to sit down, cross your legs and meditate the way you've seen in the movies.

The sole purpose of mediation is to calm the storms in your mind, restart, and gain a clear perspective on life situations.

Therefore, practice periods without thoughts. Mediation has enormous positive effects on your well-being.

It helps you go through the day focused and open-minded and helps you learn how to listen to yourself.

Choose a time of the day that seems the most convenient to practice staying in silence. Start with a couple of minutes in silence and slowly increase the time you spend meditating.



#4 GET OFF THE GRID

In the modern world, electronic devices, phones, laptops, tablets, etc., surround you. The information travels faster than ever, and there are more channels for communication that can deliver different information at the same time. It gets overwhelming, as your mind can process only a certain amount of information at the same.

Go offline every day.

It can be as low as 15 minutes, or as long as several hours, whatever your lifestyle allows you. You can use that time to focus on your family, engage in meaningful conversation, or relax without worrying that your phone will ring any second.

Having offline time in the day will help you maintain the balance between the online and offline world.

#5 START A DAY WITH WATER

I won't bother you with the importance of hydration. If you haven't still developed a habit of starting a day with a full glass of water, now is the time. When you drink water in the morning, it helps you wake up, improves cell communication, and brings oxygen to your cells faster.



#6 WEAR SPF EVERY DAY

The next habit isn't just for the sake of pretty skin and wrinkles prevention. We should use face sunscreens every day of the year, no matter the weather and exposure to sun rays.

The ozone layer has enormous holes, and unhealthy UV rays have access to your skin more than ever. Therefore, if you wear sunscreen only on the beach, your chances of getting skin cancer are doubled, compared to wearing an SPF every day.

Remember, never leave home without SPF on your face. Luckily, the cosmetic industry has developed so you can find protective products in a wide price range, in different forms, and with various ingredients.

#7 EAT SLOWLY WITH SHORT BREAKS

A good eating routine is essential for your general well-being. Develop a habit of having dedicated mealtime. Avoid eating in a rush or on the go. Instead, plan the day, so you have at least half an hour to complete your meal.

Eating slowly and calmly, without distractions, such as TV or your phone, will allow you to enjoy the food more. Also, external distractions can mask your sense of fullness. Because of it, you may eat more food than you need. Make brief breaks while you eat. Put the fork and the knife down, take a couple of breaths and continue.



If you keep eating like this, you'll decrease the risk of obesity, and you'll become more aware of the quality of the food you're eating. Eventually, you'll start eating healthier food, which has enormous benefits on your life.

#8 PRACTICE GRATITUDE

If you want to develop only one new habit for the rest of your life, choose regular expressions of gratitude. It will change your life and help you appreciate all the good things you have and you've achieved.

Gratitude helps you increase your overall satisfaction and happiness level. If you can get yourself to count at least three things you are grateful for each day, your list will soon expand. Expressing gratitude is a simple way to learn how to focus on good things, and build good relationships, improve your response in stressful situations, and generally smile more! Dedicate a part of the day to express gratitude and watch your mood change.

#9 STRETCH SEVERAL TIMES PER DAY

Not everyone is ready for a long-term workout routine. But, the least you can do is develop a habit of frequent stretches.

It is that simple. For a simple stretch routine, you don't need more than several minutes. You can feel the blood burst through your body. Your muscles stay flexible, there is a lower risk of injuries, your back pain can decrease, you stay mobile for longer.

Let's say you are in your mid-thirties. Starting your day with a stretch and repeating the stretch several times per day, will help you stay mobile and active for decades. The sooner you start getting used to stretching, the sooner you'll feel the benefits.



#10 LEARN HOW TO BREATHE

You breathe, but do you breathe properly? Do you feel every inhale and exhale? Does breathing help you treat pain or relax? Sign up for a course on proper breathing techniques to learn how to get the most out of your breathing.

Proper breathing delivers oxygen to every system in your body, aids digestion, improves sleep quality, reduces stress, strengthens your immune system, and improves the sharpness of your mind.

The chest shouldn't move while you breathe, and you should learn how to breathe through your nose.

FREQUENTLY ASKED QUESTIONS ABOUT HABITS

Before we wrap up, let's answer the most common questions about healthy, long-term habits. If you have more questions, please ask in the comments!

WHAT ARE THE EXAMPLES OF HABITS?

Some examples of the habits are brushing teeth after breakfast, sleeping on the same side of the bed, eating bread with potatoes, drinking a smoothie for breakfast, skipping dinner, getting up at the same time, etc.



WHAT ARE THE 10 BAD HABITS?

Some of the widespread bad habits are smoking, biting nails, drinking alcohol, drinking sugary drinks, skipping workouts, snacking during movie time, gossiping, not getting enough sleep, sitting for too long without stretching, sleeping with your makeup on.

HOW LONG DOES IT TAKE TO BREAK A BAD HABIT?

The time you need to break a bad habit is individual, but most people don't need more than two and a half months to stop repeating harmful activities.

WHAT IS THE HARDEST BAD HABIT TO BREAK?

Most people find it very challenging to break the habit of nail-biting and playing with their hair because those habits are usually developed in early childhood. They stay through adult life, so it takes a lot of effort to break them.

FINAL WORDS

Which habit will you choose to start working on from tomorrow? Do you already practice some of the habits from the list?



Habits are part of your life, whether or not you are aware of them. Therefore, make efforts to understand which habits are good for you and which you need to break. Allow yourself time to improve your habits and enjoy the positive long-term consequences of good habits!

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