

5 habits to STOP that are dulling your abilities and what you should START doing to sharpen your skills instead.

Are your habits dulling you or making you sharper?

What you do on a constant basis is either sharpening you and making you stronger or dulling you and weakening your abilities. Our daily habits can become so ritual that we don't even recognize them as bad or good, we just do them without even thinking. This is a serious issue because our habits determine our outcome. This truth teaches us that our regular tendencies have a much greater impact than we might imagine.

While it's true there is room for mistakes, it is of the utmost importance to be aware of your consistent daily practices.

In this article we will discuss some common bad habits that plague people and how you can replace them with a more productive and positive activity.

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START doing to sharpen your skills instead."

STOP pushing through and START taking a break –

We live in a world where faster is better. Things are changing so quickly that it's impossible for anyone to keep up. It's exhausting, but we keep plowing through like a bulldozer, except we're not bulldozers. We are not designed to keep going without taking time to recover and recharge. There is a time to work and a time to rest. With the power of social media, we can see what everyone else is up to and compare ourselves to the highlight reels of another. This is dangerous because it is unrealistic. This unreasonable pace is causing many of us to be in a constant state of flight or fight which has a negative effect on our health. It causes anxiety, stress, and depression. You will be more productive, have sharper senses, and live a happier and more fulfilled life if you take time for a break when you need it.

STOP procrastinating and START doing it now –

Do it now unless you're resting! Otherwise, do it later. LOL, we don't want to confuse doing it now with being a bulldozer. Procrastination is different. Procrastination is not because you're tired, it's because you simply don't want to do what you know you should do right now. In other words, hitting the snooze button. Procrastination is the thief of success and the biggest contributor to anxiety. When your actions don't align with what you know you should do, it causes you distress. It impacts every area of your life at home and at work. Everyday decide what you are going to do and stick with it. Don't let procrastination keep you from the life you desire.

STOP driving the same way and START taking a different route –

If you keep doing what you've been doing, you will keep getting the same result. Although, consistency has some very positive factors, staying on the same route simply because it's what you're use to can be detrimental. Success is always outside of your comfort zone. If you are stuck in a rut and doing the same things day in and day out, it's time for some change. It's time to shake it up and try something new. If you don't challenge yourself to do hard things, you won't grow. You will stay stagnant and that is a very boring place to be.

STOP going solo and START building connections –

Yes, it's nice to spend time alone to recharge, but constantly going solo is not what will improve your skills. Quoting an ancient proverb, "As iron sharpens iron, so one person sharpens another." If you are going to be the best version of yourself, you need community. Hanging around like-minded people will enhance your abilities and help you gain greater knowledge. You can learn from others and be inspired by their success stories. Having you been spending too much time by yourself? It's time to network and fellowship with people so you can build better relationships and connections.

STOP ignoring your self-care and START taking care of yourself –

We may have saved the best for last. By far, your self-care is the most important thing you can do. Hydration, sleep, healthy nutrition, and exercise will have the greatest impact on your life. The Medical Society shows that nearly 80% of people are fully dehydrated and only get half the sleep they need. Why do you think that is? Maybe it's because unless there is an immediate concern, most of us don't see any reason to do anything different. The issue with this mindset is that when it comes to your health, it can be too late once the problem

shows up. Self-care is all about combating issues before they arise. Without proper hydration, sleep, nutrition, and exercise, you won't have the energy to accomplish the things you desire, and you won't be able to take care of the people you love the most. It's the old saying, "Give yourself oxygen first, then you can help another." If you are sick, or worse, no longer here, how can you help anyone? Self-care is the best care!

There are personal habits that will dull your skills and those that will sharpen your skills. Being intentional about what you choose to do will help you be your best self and improve your odds of achieving the goals and dreams you desire.

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