

## Part 4 – How to stop making Mistakes

### **The difference between mistakes and bad habits**

Making mistakes is part of living. Mistakes can and will be made when trying something new; we want to find out what we enjoy, like and dislike, what makes us happy and what we want more of, and mistakes will be made along the way. Mistakes will be made whenever we are 'copying' what we see to experience it for ourselves, when interacting with others (because people can be complicated), and when embarking on a course of action without doing the research or properly thinking things through (such as forming badly thought-out life goals).

Making mistakes then, is a by-product of experiencing life, and can teach valuable life lessons.

**Bad habits**, however, are the mistakes that we continue to make on a repetitive basis. Bad habits do not have the silver lining (benefit) of teaching us a valuable life lesson, because we either already learnt the lesson and chose to ignore it, and continued with the behaviour anyway (for example, binge drinking); or because the negative consequences of the behaviour only became apparent when repeated over a long period of time (such as putting on weight as a result of consuming a diet high in refined sugars and unhealthy fats), by which time the behaviour has already become a (bad) habit.

Every day of our lives, fully consciously and against our better judgement, we make repetitive daily mistakes that we know are wrong, and have previously promised to ourselves or others that we would change or stop, these are our bad habits. Every mistake is a backward step away from realising our goals and dreams. Every mistake impacts on our physical health, or mental health, and on our overall happiness and wellbeing.

Why do we repeatedly continue to make these mistakes?

The common answer is likely to be because of a lack of foresight, a lack of will-power, or forgetfulness, or maybe even because of addiction.

I have another question: **Do you want people to like you?**

Bad habits fall into many categories, some are bad for your health, or your fitness, or your financial situation, or your productivity; but some bad habits are the behaviours that most normal people find annoying, unpleasant, offensive, or even repulsive. Do you want people to avoid you?

There are two main types of bad habits – those that are

1. Bad for you (health, fitness, finances, addictions)
2. Bad for other people (poor hygiene, bad relationship skills, negative character traits)

Most success in life will come from your interactions with other people, but if people don't like you, and don't enjoy spending time with you, and don't feel good being around you, or don't trust you, because of your bad habits, then despite all your goal setting, your best laid plans, your hard work, your determination and effort, you will not enjoy success, you will have sabotaged any chances of success you might have otherwise achieved.

Maybe your colleagues at work have lost faith in you because your actions don't match your words. Maybe you were passed by for promotion simply because of poor grooming habits?

Your bad habits can make you unattractive to your partner or love interest, and irritating to your family or friends. Leaving the toilet seat up? Eating with your mouth open? Interrupting

when someone is talking? And one of the most offensive of all, having bad breath because of poor oral hygiene. And most likely you are not even aware of your bad habits.

To summarise, any single bad habit that you have, might set back your success in multiple arenas of life (because they cross-over many), and this is especially true in regard to relationships, social interactions, and career. The problem is, the *consequences* of using **bad habits** in public are often not normally noticeable (depending of the nature of the bad habit), because it is generally not polite to mention it (especially among people who are not close), and most people would rather withdraw from a situation than be the one who has to 'tell you'.

The unfortunate consequences of displaying these bad habits, is that you are punished in hidden ways. At best, people will think badly of you, even if they do not mention it; at worst, they will talk behind your back. Certainly people will avoid you, and you will miss out on opportunities and invitations that would otherwise have been offered to you. You are probably being punished for behaviours that you are not even aware of, and you are probably not even aware that it is happening!

Are you afraid? You should be, and you haven't even see the list of bad habits yet!

The good news, is that bad habits can easily be stopped, and the better news, if that often the damage done can be reversed. You have an opportunity to immediately change the situation to a positive - STOP BAD HABIT, reverse bad habit, practice a GOOD habit in its place, this will begin to draw people *towards* you, at which time you can take the necessary actions to re-establish damaged relationships, and actually go further, for example, instead of having a habit of talking over people, you can develop the habit of listening more.

### **How to break Bad Habits**

Awareness (being self-aware) is **step one** to stopping bad habits. How can you stop doing something if you are not even aware that you are doing it? Most of the mistakes people make on a daily basis (habitually) are made almost unconsciously, as if on auto-pilot, that is why they are called bad habits. To help raise your level of awareness, I have made a list of 600 bad habits, across all twelve life arenas, which you can download from [PhilipCharles.Life](http://PhilipCharles.Life)

Here are some examples of those bad habits, taken from the list of 600; take some time to read through them, and you may find out why your relationship didn't last, why you weren't offered that job, or why your friends don't seem to keep in contact.

**ACT:** Download the list of over 600 bad habits, from [PhilipCharles.Life](http://PhilipCharles.Life)

Read down the list and tick  the bad habits that might be relevant to you.

**END OF FREE SAMPLE**