

Lesson 10 – Breaking the Habit

Lesson 10. Breaking the Habit

Learning Objectives

After this lesson, students will be able to:

- Enumerate habits that hinder success.
- Define what a habit is.
- Justify a stand on a habit-related issues.
- Define vocabulary from an audio using context clues.
- Interpret and explain the contents of infographics.
- Determine more effective ways to break habits using Habit Loop.
- Identify and correct errors found in sentences.

Lesson 10. Breaking the Habit

Habits Destroying Success

Watch the video [\(85\) 5 BAD Habits That DESTROY Your Success – YouTube](#) and complete the graphic organize below:

Habit 1 <ul style="list-style-type: none">• Signs• Effects	Habit 2 <ul style="list-style-type: none">• Signs• Effects	Habit 3 <ul style="list-style-type: none">• Signs• Effects
Habit 4 <ul style="list-style-type: none">• Signs• Effects	Habit 5 <ul style="list-style-type: none">• Signs• Effects	

Thoughts = Destiny

*“Your beliefs become your thoughts,
Your thoughts become your words,
Your words become your actions,
Your actions become your habits,
Your habits become your values,
Your values become your destiny.”*

— Mahatma Gandhi

Give an example of how your thoughts can progress into your destiny.

Lesson 10. Breaking the Habit

In a nutshell

Habits are rituals and behaviors that we perform automatically. Our unconscious habits free up resources for our brains to carry out other more complex tasks like solving problems or deciding what to make for dinner.

Researchers from Duke University have shown that **over 40% of what we do is determined not by decisions but by habits**. This suggests that we can change a huge part of our lives just by eliminating bad habits and creating good ones instead. **The best way to change your bad habits is to directly replace them with new ones.**

In a nutshell, your health, wealth, happiness, fitness and success depend on your habits.

— Joanna Jast

What are the challenges that hinder us to change our (bad) habits?

Sources: [What are Habits? - The Positive Psychology People](#)

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Debate: What is your stand on the following issues?

- Good habits should be cultivated from early childhood.
- Bad habits are learned outside the home.
- It is more difficult to develop a good habit than getting rid of a bad one.
- Change is always a good thing.
- Bad habits can have some beneficial effects.
- Habits are different for men and women.
- Men have worse habits than women.

Sources:

[Study: healthy habits best introduced in early childhood - Active For Life](#)

[How Your Bad Habits Affect Your Health \(webmd.com\)](#)

[Debate: Is Change Always A Good Thing? \(ineos.com\)](#)

[Are Habits Different for Women than Men? \(charlesduhigg.com\)](#)

[Gender differences in lifestyle and risk factors of metabolic syndrome: Do women have better health habits than men? - PubMed \(nih.gov\)](#)

Lesson 10. Breaking the Habit

Keen Listening

Take notice of the following vocabulary in the audio. Talk about your comprehension of each if you are familiar with them. While listening, jot down notes on how the each vocabulary is defined, used and connected to topic presented.

daydream

reward-based
learning process

posterior
cingulate cortex

momentary
experience

mindfulness
training

teenage years

morbidity and
mortality

default mode
network

prefrontal
cortex

cognitive control

disenchantment

paradox

context-
dependent
memory

Identify what part of speech each
vocabulary is.

Lesson 10. Breaking the Habit



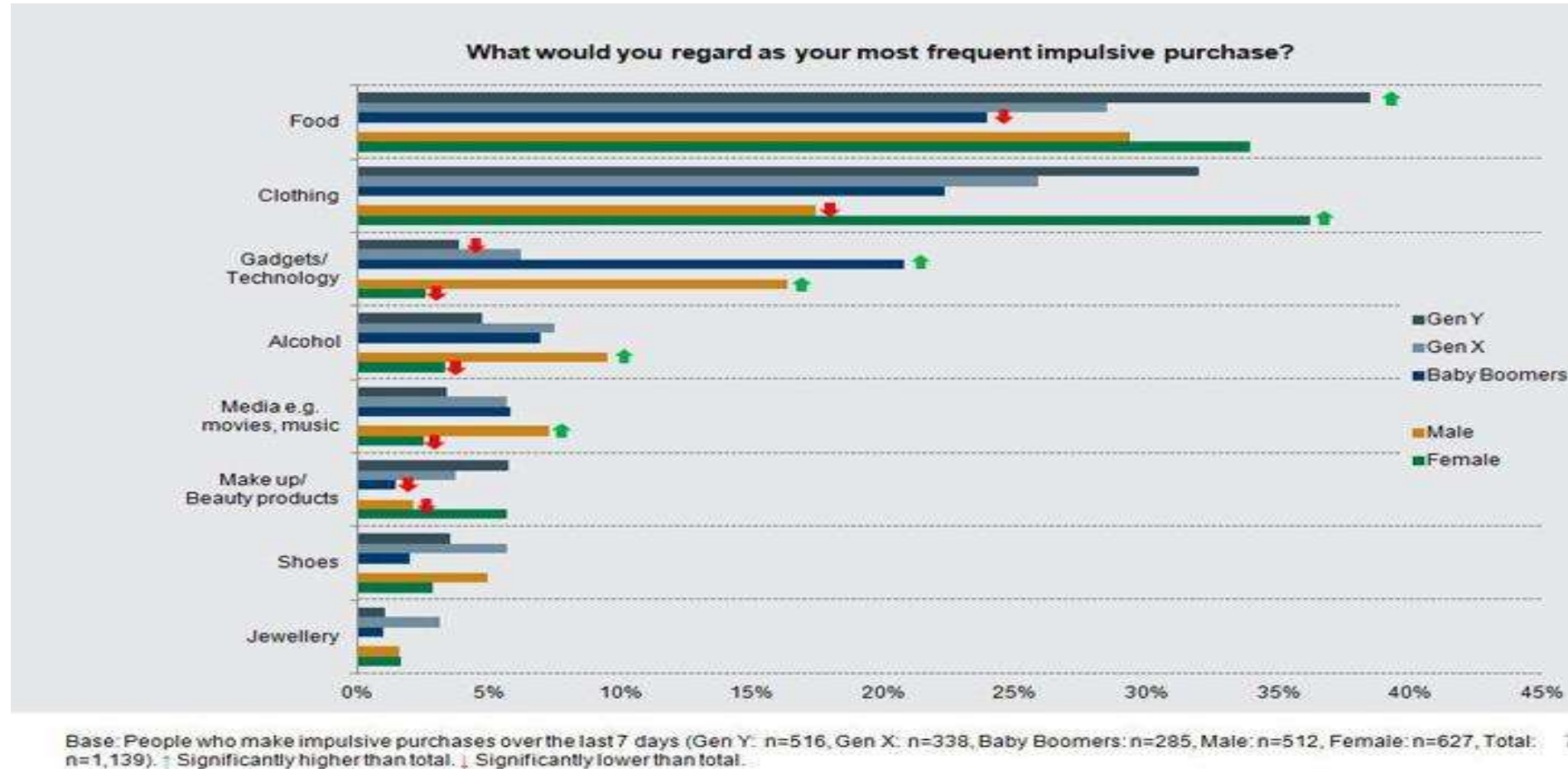
Listening (10.2) *A Simple Way to Break a Bad Habit*

https://www.ted.com/talks/judson_brewer_a_simple_way_to_break_a_bad_habit?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare

1. What bad habits does he mention? What solution to these bad habits does he suggest?
2. Discuss what **positive and negative reinforcement** is.
3. How does mindfulness training work?
4. Do you think mindfulness would work for you?
5. Have you ever meditated? Would you consider it?

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Discuss the contents of the infographics below:



Source: [spending habits of men vs women TEST2 \(rabobank.com.au\)](http://spendinghabitsofmenvswomenTEST2(rabobank.com.au))

Lesson 10. Breaking the Habit

Preview Questions:

1. What are some things that you do like to do every day?
2. What are some things that you *should do* every day that you don't always?
3. What's the best way to break a bad habit?

Reading:

Habits define us. And nothing sabotages your creativity and productive life quite like bad habits. In the words of **Samuel Johnson** “The chains of habit are too weak to be felt until they are too strong to be broken.” To live a balanced, productive, creative and fulfilling life, ridding yourself of your unproductive habits is an important investment.

It's easier to keep going than to take a few minutes to reflect, plan, and to really look at what needs to change for you to create your own version of a productive week, month or year. It's about time you paid attention to the habits that could be hindering your progress in life and career.

Kill the excuses!

Jordan Belfort said, “The only thing standing between you and your goal is the b***** story you keep telling yourself as to why you can't achieve it.

Read the rest of the article here:

[Bad Habits You Must Break Immediately to Improve Your Life in the Next 100 Days | by Thomas Oppong | Personal Growth | Medium](#)

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Your super connected habit

In his best-selling book, [The Shallows: What the Internet Is Doing to Our Brains](#), Nicholas Carr writes, “The Web provides a convenient and compelling supplement to personal memory — but when we start using the Web as a substitute for personal memory, by bypassing the inner processes of consolidation, we risk emptying our minds of their riches.”

Multitasking is killing your brain

In his book, [The Myth of Multitasking: How “Doing It All” Gets Nothing Done](#), Crenshaw explains the difference between “background tasking” — like watching TV while exercising — and “switchtasking,” juggling two tasks by refocusing your attention back and forth between them, and losing time and progress in the switch.

Saying YES to everything

Saying “no” means you have time to focus on your own creation, tasks and projects, rather than responding and reacting to requests. “You can’t let other people set your agenda in life” says Warren Buffett.

Acting on the directives of your inner critic!

“Remember, you have been criticizing yourself for years and it hasn’t worked. Try approving of yourself and see what happens.”
— Louise L. Hay

Aiming for perfection

Done is better than perfect.

Bob Pozen, author of [Extreme Productivity: Boost Your Results, Reduce Your Hours](#), says while perfectionism is a “learned habit,” it can be an “unlearned habit” if you work at it.

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Lesson 10. Breaking the Habit

Delaying the launch of your passion project

In his book, [Born for This: How to Find the Work You Were Meant to Do](#), Chris writes, “Finding the work you were meant to do is rarely a linear journey. It’s a process of exploring many little twists and turns that lead us to the place we ultimately belong. THE WINNING”

Worrying about your weaknesses

“Focus on your strengths, not your weaknesses. Focus on your character, not your reputation. Focus on your blessings, not your misfortunes,” says Roy T. Bennett

Inaction

Studies consistently show that when we look back on our lives the most common regrets are not the risks we took, but the ones we didn’t.

Stop giving a f***

“A man is likely to mind his own business when it is worth minding. When it is not, he takes his mind off his own meaningless affairs by minding other people’s business.” — *Eric Hoffer*

Which among the bad habits mention above you think has the most effect on people’s lives in general?

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ANSWER THE QUESTIONS

1. How is procrastination and comfort zone related in the article?
2. What is regarded to be the biggest productivity killer of all time?
3. What is an inner critic? Discuss how it is a bad habit listening to it.
4. What do people with lower self-esteem suffer from according to a Psychological research?
5. Why is there an insane **pursuit of conformity**?

VOCABULARY EXERCISE

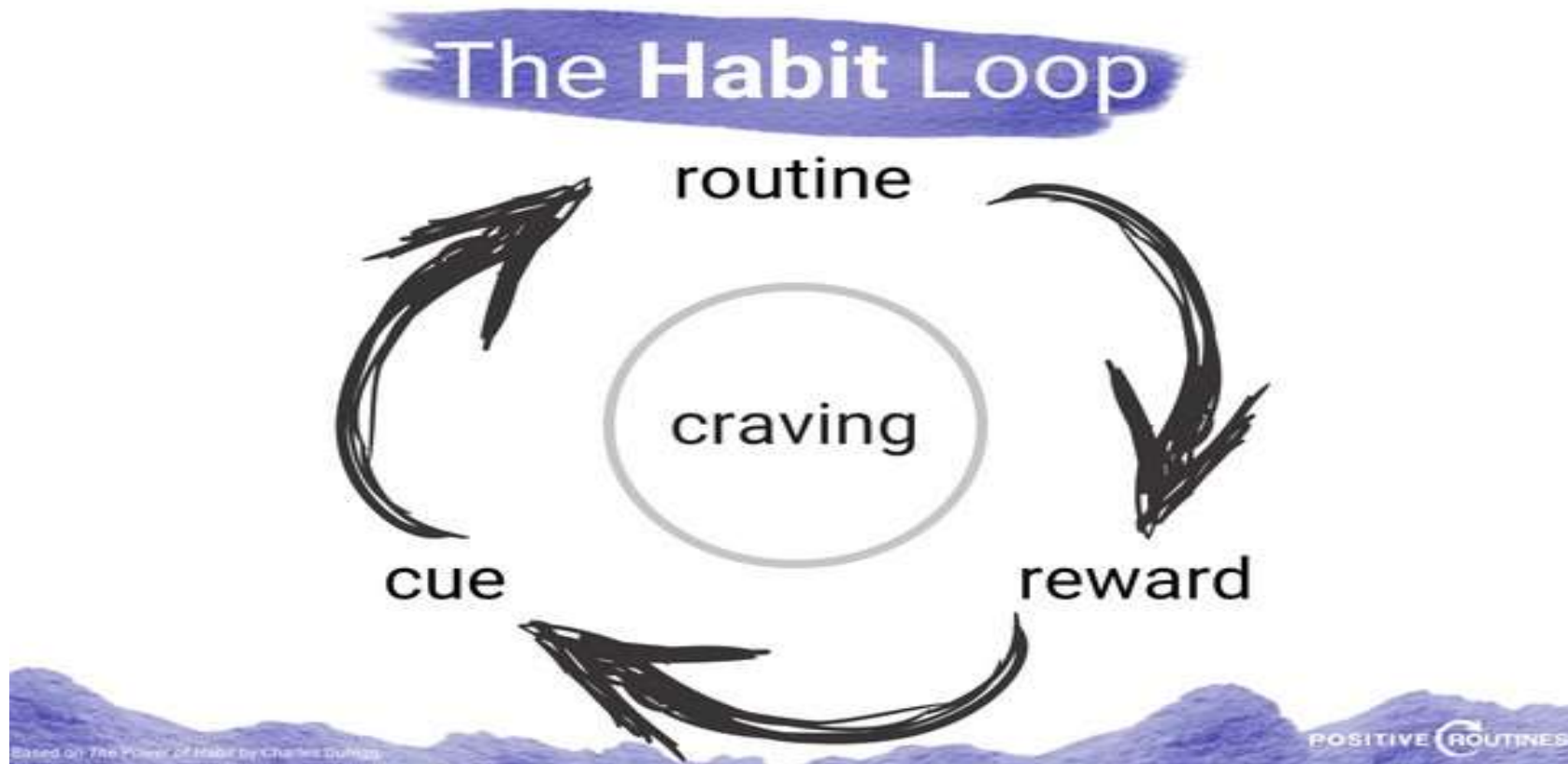
- A. get in a situation in which there is no way out and things keep repeating following the same order or process
- B. a qualification, achievement, personal quality, or aspect of a person's background, typically when used to indicate that they are suitable for something.
- C. the action or process of making something stronger or more solid.
- D. something that completes or enhances something else when added to it.
- E. to put forth one's maximum effort
- F. care for and encourage the growth or development of.
- G. a fault or failure to meet a certain standard, typically in a person's character, a plan, or a system.
- H. cause something to fail or go wrong.
- I. a person who complies to accepted behavior or established practices.
- J. strength or force gained by motion or by a series of events

1. **caught in the loop**
2. **kick one's brain out**
3. **supplement**
4. **nurture**
5. **consolidation**
6. **shortcoming**
7. **screw up**
8. **conformist**
9. **momentum**
10. **credential**

Lesson 10. Breaking the Habit

How to Break Bad Habits, According to Research

Discuss how the habit loop works and how it can be used to break (bad) habits.



Source: [How to Break Bad Habits, According to Research - Positive Routines](#)

Lesson 10. Breaking the Habit

Identify the errors in each sentence and modify to make it correct.

1. When one of my patients told me he is using it last year to help him get out of bed in the morning, I was skeptical.
A B C D

2. I could never go backpacking I'm too much of a creation of habit, I can't stand changes to my routine.
A B C D

3. We often believe that saying 'No' is impolite or unfriendly. As a result, we say 'Yes' to everything, often in the expense of our own personal time and schedule.
A B C D

4. We often compare ourselves to empty projections of someone's outward appearance that even may not reflect a lived reality.
A B C D

5. Parting ways from our bad habits and replacing them with good habits is by no means a simple task.
A B C D

Lesson 10. Breaking the Habit

1. Are you aware of any habits that are considered bad manners in one country but not in another?
2. Which habit is the most important for parents to set as an example of for their children?
3. What's the one bad habit you wish you could easily change?
4. How do we learn our habits? Is it true that ***old habits die hard***?
5. Do you know anyone who is a ***creature of habit***?
6. Which good habit do you think would be the most difficult to develop?
7. What habits should you have to have a successful life?
8. What are some habits that can improve your English ability?
9. What unusual habits do you observe in your family members? Do they bother you?
10. What's the worst habit you can't stand?
11. What would you do if one of your close friends had a bad habit?
12. Do you have any habits you had as a kid but have lost growing up?
13. Talk about a bad habit that you have successfully kicked.

The End