

Stepping Stone January 3

"It is easy to perform a good action, but not easy to acquire a settled habit of performing such actions." ~Aristotle~ When changing habits or taking on new daily practices it is also important to have strategies in place that will ensure the sustainable, long-term endurance of these plans. For example, a jogging partner will get you out of bed to exercise when you are considering not doing it for a day or two.

Action

Allow everyone to go ahead of you, into lifts and through doors, for a whole day.

Challenge

Accept that you are a lousy mind reader, and work at improving your communication.

Quote

A human being fashions his consequences as surely as he fastens his goods or his dwelling. Nothing that he says, thinks or does is without consequences....Norman Cousins

Clearing

Allow 15 minutes of extra time to get to appointments.

Question

Are you "working" and "trying" too hard? What could you "let go" of?

Affirmation

I choose to complete any personal targets that I create.