THE POWER OF SMALL HABIT

by:
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Before the Internet age, doing self-study and researches were time-consuming hardwork. Libraries, hardcopies, textbooks were the mainstream and the people who In 2005, the late writer David Foster Wallace shared the following cautionary tale with a group of graduating college students:

“There are these two young fish swimming along and they happen to meet an older fish swimming the other way, who nods at them and says, “Morning boys, how’s the water?” The two young fish swim on for a bit, and then eventually one of them looks over at the other and goes, ‘What the hell is water?’”

He reminds us that just like those fish, people’s lives are mostly determined by the factor we never fully noticed: our habits. Our routine or practices we performed regularly, an automatic choice we made each day. Deciding what time we are going to wake up and fall asleep at night, how we get dressed, which food you want to eat, whether doing exercise in the morning or not. Habit plays a significant role in our lives, it has different results. Sometimes the result is complex which may possibly affect our mental health condition, this causes of having a bad habit. Sure, everyone has a bad habit wanted to break or change. Why? because in some parts of our life we wanted to improve, we wanted to change and we want to progress.

Changing habit from bad to good one is not an easy process, and it is not come up with an instant result. It requires motivation towards your goal, willingness to improve, and most importantly is having a proper system. If you have a goal to lose weight, but every time you do an extensive exercise you more likely to feel hungry after the exercise the result is you wanted to eat more. Instead, of doing extensively, why not make a light
exercise every 30 minutes every day. Same thing if you want to transform into a better person, creating a system to do that is the best action. For example, make a schedule of books you wanted to read, like one book per week. Always make a good small start, to reach the goal, focus on the system. We often expect progress to be linear and sometimes we hope it will be quickly. Remember all big things comes from small beginnings.

Goals are good in setting our directions, but creating a system is important to achieve that goal is best. Why many of us struggle to change our habits, not because there is something wrong with us but because our system does. Bad habits repeated itself over and over again not because we don’t want to change, but because the system we create in our life is wrong. A system of small habit, a tiny change that adds value to your improvement. Always make a good small start, to reach the goal, focus on the system, and trust the process. Remember that each small habit will contribute to your overall improvement. Do it with regular practice and add it to your everyday pattern then one day you will see the incredible result of that small habit.

References:
- https://experiencelife.com/article/the-power-of-habit/
- Atomic Habit by James Clear