

Habit

The Dictionary meanings of habit are “an activity repeated as frequently it is done without thinking, customary manner or practice, an addiction, a distinctive dress or costume.” So it looks like it depends more on our responses to certain input. Like when telephone rings our hand goes to handset to responds to it, or we started searching where is the phone, even if we were in partial sleep.

Hence our responses were developed in time to respond to telephone calls. Now question comes how much time it take to develop such a response. If concentrated efforts were made it could be a lot easier then we think the amount of time to have such a response. Famous Russian scientist Dr. Poplov had proved not only man but also dog’s cats and other animals could be trained to have such a response. It had been proved that such a habit-forming response could be fully developed in 30 to 45 days.

Hence reverse of it should be true, i.e. if we have any response or habit, which we feel is undesirable, can be modified or removed in same amount of time say in 40-45 days we can get rid of any bad habit. Provided concentrated efforts are made towards it and we had willed to do that.

A man /women can never be slave of any habit provided he/she does not want to take a convenient shelter under so called, it is my “habit”.

Habit : says

I am your constant companion. I am your greatest helper or heaviest burden. I will push you onward or drag you down to failure. I am completely at your command. Half the things you do you might just as well turn over to me and I will be able to do them quickly and correctly.

I am easily managed-you must merely be firm with me. Show me exactly how you want something done and after a few lessons I will do it automatically. I am servant of all great men; and alas of all failures as well. Those who are great, I have made great. Those who are failures, I have made failures.

I am not a machine though I work with all the precision of a machine plus the intelligence of a man. You may run me for a profit or run me for ruin-it makes no difference to me.

Take me, train me, be firm with me, and I will place the world at your feet. Be easy with me and I will destroy you. WHO AM I? I AM HABIT.

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