

13 Good Habits for A Successful Life

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I feel strongly that these are **good habits** that everyone should adopt to be more successful. Students go to school to get an education for a better, more prosperous life. However, many of the good habits needed to truly be successful are learned outside the classroom. Developing good habits that will help individuals of all ages succeed can never start too early. These routines will help us create success for the rest of our lives. They are the tools we need to live life to the fullest!

Good habits everyone needs for success!

This list of good habits will serve you well whether you are a parent, student, entrepreneur or just a regular person. Learning these habits now will help everyone get ahead in life.

1. Get on a good schedule.

We need structure and routine in our lives. Our bodies expect it. They perform best when we operate on a regular schedule. We especially need to eat and sleep about the same time each day. If you are the parent of a young child, it is your job to teach this habit early. This routine stays with a person their whole life and helps them to develop good work habits. Find a schedule that works for you and stick to it!

2. Eat a healthy diet.

Our brains need the right food to perform at their peak. Don't go to school or work on an empty stomach. Students need to train themselves early to eat a balanced and healthy diet. We tend to carry the habits we learn when we are young forward with us for most of our lives. Learning to eat right now can avoid many health issues down the road.

3. Learn to exercise.

We need physical activity to stay healthy. The benefits of regular exercise are well documented. We need to find exercise routines that are fun and match our individual tastes. Developing a good exercise routine is a habit that will increase both the quantity and quality of your life.

4. Practice gratitude.

It is so easy to get in the bad habit of envying what others have. The grass often seems greener on the other side of the fence. It is vitally important to learn gratitude. Practice thinking about the things you have to be thankful about. I do this with my daughter each evening when I put her to bed. I ask her to recall the good things that happened that day. We then take a few minutes and give thanks for those things. This helps us both to train ourselves to be grateful.

5. Develop good study habits.

Studying effectively is a skill. People that live life to the fullest are lifelong learners. They never stop trying new things. One needs to study and gather new knowledge in an effective and efficient manner. Learning how to study and acquire the knowledge to succeed doesn't just occur naturally. It needs to be taught. Take a study skills course or ask others for tips on improving your study habits.

6. Never give up!

I remember being told in school that, "Winners never quit and quitters never win." I think this is a Vince Lombardi quote and it is certainly true. It takes perseverance in life to enjoy any kind of success. I also remember hearing, "When the going gets tough, the tough get going." These

sayings come back to me time and again when I feel like giving up. Perseverance is a habit. It is one that can be developed just like any other.

7. Respect the environment.

It seems to be hip to be “green”, but being a good steward of our environment is really not that new. Wise parents have been teaching these principles to their children for ages. We only have this one world and we depend on it for our survival. Every person needs to do their part to protect what we have. Develop habits now that will help you to be a good environmental citizen for a lifetime!

8. Strive for excellence!

Why do a job if you aren't going to do it right? We need to develop the habit of giving every task our best effort. Excellence should be the standard we strive for in all we do. We can't start letting ourselves or our children do the least possible to get by. If we do, then they are going to receive less than the best results from their work. Teaching excellence now will ensure habits for success will carry forward.

9. Always tell the truth!

The truth often comes out whether we want it to or not. Lying generally just complicates the situation and makes us look bad. Look at the scandals many of our politicians fall into because they fail to admit the truth. It is much better to just develop the habit of telling the truth even when it is difficult.

10. Ask for what you want.

Develop the habit of asking for what you want. How else are you going to get it? It is really that simple. Often, when I ask, I am amazed at how quickly I get exactly what I wanted. Just give this one a try. If you are a parent, teach your children to ask others for what they want. This is truly a behaviour you want to come naturally. It will build confidence and self-esteem that will serve your kids forever!

11. Be a regular reader.

Being a good reader is a skill that often separates the good students from those that struggle. Becoming a good reader takes practice. The more you read and are read to, the better you get. Reading has numerous benefits. It builds one's vocabulary, expands the imagination, and rekindles creativity. Make reading a routine!

12. Be punctual.

Arriving on time is important to one's success. People always notice when you are late. It is an indicator of whether you mean what you say and can be trusted. Do not introduce doubt about this into people's minds by showing up later than expected. Create the habit of being punctual now and you won't have to worry.

13. Make your bed

You spend roughly a third of your life in your bedroom, and the appearance of your room has an effect on your mood. It's hard to feel calm, relaxed, competent and grounded when you are surrounded by disorganization. A properly made bed (no, it doesn't have to be up to military standards, just neat and un-rumpled) instantly makes the entire room look pulled together, creating a subtle vibe of tranquility and competence. A made bed shows that you care about yourself and your home, and that feeling of being cared for helps lift your mood and lighten your emotional burdens.

It even makes you feel happier, according to Gretchen Rubin, author of “The Happiness Project.” During her research for the book, she found that one of the most common simple changes that led to happiness was learning to make the bed each morning. So go for it; what

else can do so much to make you happy with so little effort, and in so little time? (Well, there is eating a chocolate bar. But there's no guilt involved with making your bed.)