



## Habits-The Good, The Bad, And The Ugly Show Notes for The Fun Road Podcast:

Habits. They can be labeled as a nuisance, cringe worthy, endearing, or admirable. So, what habits do you have?

When you hear the word Habit, what do you think of? You probably think of a bad habit that you yourself have. But have you ever stopped to acknowledge your good and bad habits? You might be able to recognize bad habits in others, you can tell by their body language. Let's say if someone is stressed or uneasy, they start biting their nails. They are stuck in a trigger and reward habit loop.

Everyone has habit loops. Everything we do is based off a trigger and reward system. You store bad habits in the same spot you store things you don't even think about, but that your brain and body automatically do for you; like breathing, swallowing, blinking, etc. So, how do you fix those bad habits when your body is used to doing them automatically when it's triggered?

There are certain things you can learn, or new tricks you can teach yourself to cure your bad habits. When you recognize your bad habit, what do you do to change it? What do you do when you recognize the bad habit coming before you actually do it? Do you try to consciously change it? Or do you allow yourself to go with it?

Our rule is: don't take yourself too seriously when trying to fix bad habits. Pick one bad habit this week to work on and go from there. What good habits do you want to start? What good habits do you have that you want to build on? Always look for the good in yourself, it's there (even if you do bite your nails).

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