

Habit is the Key

I want to share the **key to success** in any human endeavor. It is establishing good *habits*. That's it. Nothing fancy. Nothing complex. We are helping people establish an action habit. The action habits we *suggest* are designed to create a mental toughness, and to stimulate consistency. Those two things will protect us from falling away when we get discouraged.

Spreading the Gospel or growing in Christ isn't a competition. There isn't any race going on except in our heads. The challenge is to hit whatever deadline we set in our own mind. We put our goals ahead of us a fixed distance so we have something to shoot for. That's all. Competition can be **dangerous** when it is misused or misunderstood. Not all people enjoy competition. Not all people thrill to the chase. Some people get blown out by it. What some call "accountability" others call a "test." Everyone hates tests.

We feel like we are being tested when we mistakenly compare ourselves to someone else, or we think that we are being judged by our performance. Just like Dale says, if we compete with each other we can create enemies, animosity, resentment, and disunity.

You never, never, *never* compare yourself with someone else. Period. Not by appearance, demeanor, performance, eloquence, dress - *nothing*. If you want to imitate someone as far as character is concerned, that's fine. If you want to set a standard to live up to, that's fine too. Those are simply personal goals that you want to attain. It's what you want to grow to. That's between you and yourself. It's not really a comparison with someone else. Do you understand the difference?

We don't have performance standards. We don't have minimums or quotas. We let you know that if **you** want to reach a particular level of success, then you need a consistent and specific level of action to get there. Whether you choose to do that or not is up to you, and you alone. No one will judge you. Instead, everyone will celebrate whichever level of success you attain, even if it is only personal success at first instead of financial. The one *always* precedes the other.

You determine how fast or slow you want to go. Whatever speed you set, whatever standard you want for yourself, be true to it. The tortoise and the hare: consistent and persistent. You hit your standard every day, every week, every month, day after day, week after week, month after month. If the *work habit* is established, it's easy to raise the amount you're doing. But if you are hit and miss in whatever you do, you'll never accomplish anything in that area of your life. We are creatures of habit.

There are two immutable, scientific laws that you need to know about. There is the Law of Cognition (reality is what you think it is), and the Law of Exposure (what you think reality is will be determined by what you allow to influence your mind). The short version of these two laws is garbage in, garbage out. We are what we read, what we watch, what we listen to, and who we hang around. The path of growth occurs in our mind first, and our performance second. When our belief level is high enough, our action level increases.

Reading and listening habits aren't just for information. They build our belief level. When we let go of them, we start to drown. The circumstances of our life begin to overwhelm us. We lose sight of our goals and our dreams. We get discouraged and then we get depressed. It is a **danger sign** whenever we see ourselves or others begin to drop established action habits. That's a warning in dealing with your kids in their teen years. It's the first sign of drug abuse and gang activity. This is *life* we're talking about!

I said it before, but I'm going to repeat it and repeat it and repeat it. Success of any kind is based first and foremost on **work habit**. When someone is just starting out, our entire focus is on setting up proper *habits*. If there is no ritual, no habit, then there will be no growth and no possibility of success. What we teach is designed to establish a pattern of action. *Hit and miss action is like no action at all.*

If you want to exercise your body, you make it a habit 3 times a week for half an hour. You can build up to that. It's better to do something every week three times a week for 10 minutes than to do an hour and a half of intense effort today and an hour and a half 3 weeks from now. Our whole life is based on setting up patterns of behavior. Once the pattern is established, we are on the road to success.

So set and maintain a habit that will get you what you want out of life. Don't look at what anyone else is doing. Your competition is looking at you in the mirror.