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Thank you and remember at any moment we can make different choices!

Gabi Rupp

The early bird CATCHES

(a)



WILLIAM CAMDEN

Early Bird

It is well to be up before daybreak, for such habits contribute to health, wealth, and wisdom. ~Aristotle

Cultivate the habit of early rising. It is unwise to keep the head long on a level with the feet. ~Henry David Thoreau

The difference between rising at five and seven o'clock in the morning, for forty years, supposing a man to go to bed at the same hour at night, is nearly equivalent to the addition of ten years to a man's life. ~Philip Doddridge

Good Habits

Good habits result from resisting temptation. ~Ancient Proverb Good habits, once established are just as hard to break as are bad habits. ~Robert Puller

A large part of virtue consists in good habits. ~William Paley

Good habits are worth being FANATICAL about DHN IRVING





In early childhood you may lay the foundation of poverty or riches, industry or idleness, good or evil, by the habits to which you train your children. Teach them right habits then, and their future life is safe. ~Lydia Sigourney There is no influence like the influence of habit. ~Gilbert Parker

Advertising is the most potent influence in adapting and changing the habits and modes of life, affecting what we eat, what we wear, and the work and play of a whole nation. ~Calvin Coolidge



THE CHAINS OF HABIT

are too weak to be felt until they are too strong to be broken<u>.</u>

SAMUEL JOHNSON



Nothing is stronger than habit. ~Ovid

Habits are cobwebs at first; cables at last. ~Chinese Proverb

Habit and routine have an unbelievable power to waste and destroy. ~Henri de Lubac

Habit is a cable; we weave a thread of it every day, and at last we cannot break it. ~Horace Mann Tradition is the social equivalent of personal habit. ~Hassan Fathy

*Life

Winning is a habit. Unfortunately, so is losing. ~Vince Lombardi

> Choose the life that is most useful, and habit will make it the most agreeable. ~Sir Francis Bacon

Habits are safer than rules you don't have to watch them. And you don't have to keep them either. They keep you. ~Frank Crane Walking is the best possible exercise. Habituate yourself to walk very far. ~Thomas Jefferson

Optimal health is a journey taken one step, one habit, and one day at a time. ~Dr. Wayne Scott Andersen

Drinking water is like washing out your insides. The water will cleanse the system, fill you up, decrease your caloric load and improve the function of all your tissues. ~Kevin R. Stone

Keystone Habit

DAILY WALK promotes good health

LAILAH GIFTY AKITA

Thoughts

If you don't learn to control your thoughts, you will never learn how to control your behavior. ~Joyce Meyer

> Such as are your habitual thoughts, such also will be the character of your mind for the soul is dyed by the thoughts. ~Marcus Aurelius Antoninus

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The thought manifests as the word; The word manifests as the deed; The deed develops into habit; And habit hardens into character. So watch the thought and its ways with care, and let it spring from love born out of concern for all beings.

~The Buddha

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Change

A nail is driven out by another nail. Habit is overcome by habit. ~Desiderius Erasmus

On average, it takes more than 2 months before a new behavior becomes automatic -66 days to be exact. ~lames Clear

Good habits are formed; bad habits we fall into. ~Author Unknown

of habit change: You can't extinguish a bad habit, you can only change it.

THE

GOLDENRULE

CHARLES DUHIGG

Everything in excess is opposed to nature. ~Hippocrates

Excess on occasion is exhilarating. It prevents moderation from acquiring the deadening effect of a habit. ~W. Somerset Maugham

How people keep correcting us when we are young! There is always some bad habit or other they tell us we ought to get over. Yet most bad habits are tools to help us through life. ~Friedrich Nietzsche One who knows that enough is enough will always have enough. ~Lao Tzu



There is no more miserable human being than one in whom nothing is habitual but indecision. –William James



Laziness is nothing more than the habit of resting before you get tired. -Jules Renard

° O O S C

Bad habits are like a comfortable bed, easy to get into, but hard to get out of. ~Author Unknown

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Obsessed is a word the lazy use to describe the dedicated. ~Author Unknown

NE DE DE SO

H is for Habit, winners make a habit of doing the things losers don't want to do. ~Lucas Remmerswal, inspired by Warren Buffet





Be as careful of the books you read, as of the company you keep; for your habits and character will be as much influenced by the former as by the latter. ~Paxton Hood

> We should get into the habit of reading inspirational books, looking at inspirational pictures, hearing inspirational music, associating with inspirational friends. ~Alfred A. Montapert

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The habit of common and continuous speech is a symptom of mental deficiency. ~Walter Bagehot It is easier to prevent bad habits than to break them. ~Benjamin Franklin

Eliminate something superfluous from your life. Break a habit. Do something that makes you feel insecure. ~Piero Ferrucci 99% of the failures come from those who have the habit of making up excuses. ~George W. Carver

Break

Break the leg of a bad habit. ~Puerto Rican Proverb

Nothing so needs reforming as other people's habits. ~Mark Twain

> One of the ingredients of forming good habits and breaking bad ones is focusing on what you want to do and not on what you want to stop doing. ~Joyce Meyer

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Do something every day that you don't want to do. This is the golden rule for acquiring the habit of doing your duty without pain. ~Mark Twain

Even in a chaotic kitchen, the cleaned-out sink delivers positive reinforcement to the person who cleaned it. ~Marla Cilley

ersistence

TR

The biggest reason people fail at creating and sticking to new habits is that they don't keep doing it. ~Leo Babauta Failure is only postponed success as long as courage coaches ambition. The habit of persistence is the habit of victory. ~Herbert Kaufman

Everything you are used to, once done long enough, starts to seem natural, even though it might not be. ~Julien Smith

> Motivation is what gets you started. Habit is what keeps you going. ~Jim Ryun



We are what we REPEATEDLY DO. Excellence, then,

is not an act, but a habit.

ARISTOTLE

Habit is the intersection of knowledge (what to do), skill (how to do), and desire (want to do). ~Stephen R. Covey

Excellence is not a singular act, but a habit. You are what you repeatedly do. ~Shaquille O'Neal

Habit is either the best of servants or the worst of masters. ~Nathaniel Emmons

The habit of looking on the BEST SIDE

of every event is worth more than a thousand pounds a year. SAMUEL JOHNSON If you do not wish to be prone to anger, do not feed the habit; give it nothing which may tend to its increase. ~Epictetus

> We can gradually grow into any condition we desire, provided we first make ourselves in habitual mental attitude the person who corresponds to those conditions. ~Thomas Troward

Feeling sorry for yourself, and your present condition, is not only a waste of energy but the worst habit you could possibly have. ~Dale Carnegie

Attitude



Love is a product of habit. ~Lucretius

The habit of giving only enhances the desire to give. ~Walt Whitman

Love is the hardest habit to break, and the most difficult to satisfy. ~Drew Barrymore

Love is an act of endless forgiveness, a tender look which becomes a habit. ~Peter Ustinov Habit, my friend, is practice long pursued, that at last becomes man himself. ~Evenus

Habits change into character. ~Ovid

> Men's natures are alike, it is their habits that carry them far apart. ~Confucius

> > Character

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We first make our habits, and then our habits make us. ~John Dryden

Every grown-up man consists wholly of habits, although he is often unaware of it and even denies having any habits at all. ~Georges Gurdjieff

Destiny

All human actions have one or more of these seven causes: chance, nature, compulsion, habit, reason, passion, and desire. ~Aristotle

Thoughts lead on to purposes; purposes go forth in action; actions form habits; habits decide character; and character fixes our destiny. ~Tyron Edwards

Your beliefs become your thoughts. Your thoughts become your words. Your words become your actions. Your actions become your habits. Your habits become your values. Your values become your destiny. ~Mahatma Gandhi

Sow and act and you reap a habit; sow a habit and you reap a character; sow a character and you reap





FRANCES E. WILLARD

My Favorite Quotes About Habits

My Favorite Quotes About Habits

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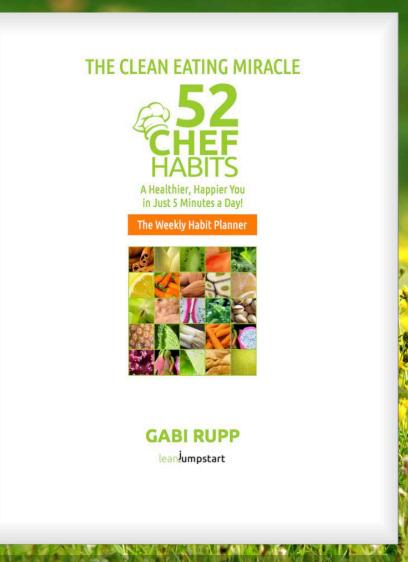
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Gabi Rupp is a certified coach, author and entrepreneur. Prior to her work online, Gabi spent more than a decade as a marketing executive, mostly

in the food and nutrition field, helping her clients realize their own projects. After her daughter was born, she found her true calling: writing, teaching, and coaching. Having the perfect life/work balance gave her the freedom to be a fulltime mother. In 2013 she founded leanjumpstart.com, where she uses a successful combination of proven science and practical experience to help people get in shape and stick with their new, healthy habits. Gabi is now happily settled in a little German town near the beautiful Black Forest region and spends her days with family, friends, and assisting clients as they overcome limitations and live life to its fullest potential.

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