

# Your character depends on your habits



Showing good character isn't always easy – but like anything, it gets easier with practice. Practice creates habits.

Here's an example:

Joe wants to stop being late for work. To get to work on time, Joe decides that he needs to get up 30 minutes earlier. The first morning is tough, but Joe slowly pulls himself out of bed. He arrives to work on time.

Fueled by his success on day 1, Joe rises a bit easier on day 2. Days 3-4 slowly become easier as Joe adjusts to his new schedule. After practicing this new routine for a week, Joe has created a new habit.

What is something you would like to improve upon? What new habits do you need to create to get there?