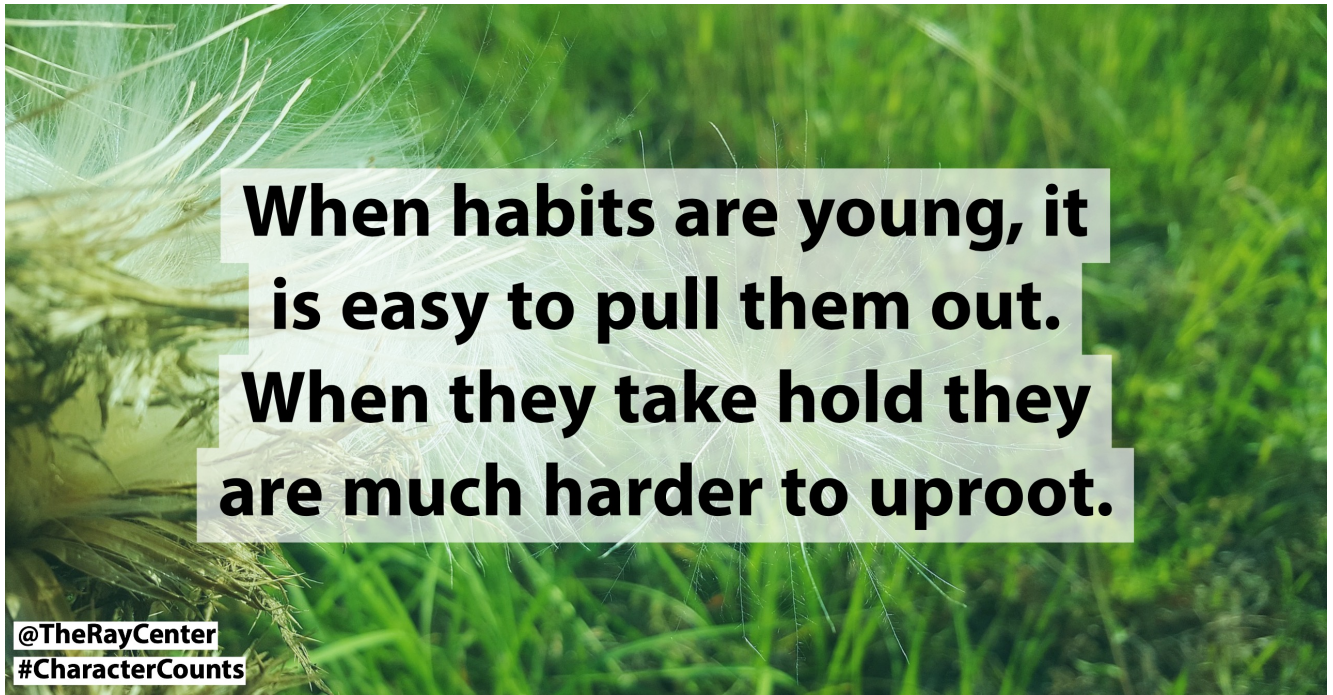


The deep roots of bad habits



When habits are young, it is easy to pull them out. When they take hold they are much harder to uproot.

A father asked his young son to help him with some yard work. After they finished, the father asked his son to pull out a tiny plant growing in their yard. The boy took the plant into his small hands and easily pulled it out.

Next, his father asked him to pull out a larger plant. The boy pulled hard and eventually the plant came out, roots and all.

The father pointed at a large bush growing in their yard and asked his son to pull it out. The boy pulled with both hands, using all his strength to try to remove it from the ground.

After trying several times, the boy said, "It's impossible."

"Pulling out these plants is just like changing bad habits," said the man. "When habits are young, it is easy to pull them out. When they take hold they are much harder to uproot."

[Click here to learn more about character education.](#)