

# Auto Pilot Habits

Being consistent with your habits keeps you on track. You might not always be consistent with all of your habits, but if you keep chipping away at them, some will go on autopilot.

Did you do anything that advanced yourself today? Did you better yourself today or did you just think about it? Have you made any forward progress? Whether it is something as big as working on your goals and dreams or something as simple as working on your diet and exercise program.

You can choose to put your heart and soul into something or you can choose to put in little to no effort at all. Which of these do you think makes the most forward progress?

Sometimes you have to ask yourself, do I want this? How bad do I want this? Are you all in with your balls in or are you just going to put it off for another day? You don't have to do it all at once, sometimes you just have to slowly chip away at it and over time you will be surprised at how much forward progress you have achieved.

Did you do anything to advance your personal relationships? Did you let your loved one know how you love and appreciate them? Did you do something as simple as put a smile on their face by saying something sweet and/or flattering or did you make a gesture that made their hear skip a beat?

You are never going to climb to the top of the stairs if you don't take them a step at a time. Are you going to climb up or just stare at the stairs? If you don't go after what you want, you'll never have it. If you don't ask, the answer is always no. If you don't step forward, you're always in the same place. Those who fail to plan, plan to fail.

"There are three types of people in this world: those who make things happen, those who watch things happen and those who wonder what happened." - *Mary Kay Ash*