

The Power Of Habit

How Habits Can Change Our Lives?

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Habits are the **building blocks** of our personal and professional life. **Habits** make life easier, **faster** and organized. So how can we **control** habits to make us **better**?

First of all, Habits can affect a person **positively** or **negatively**. Habits are **programs** for the brain to **compile** without making much **effort** every time to make the process **easier**.

In addition, Habits have a process called **“Habits Cycle”**. This cycle consists of 3 main phases: **“Clue”**, **“Habit”**, **“Reward”**. The **clue phase (triggering phase)** that starts the habit. **Moreover** the **habit phase (Main phase)** is the habit itself that the brain will do. **Furthermore** the **reward phase (End Phase)** in which the habit ends and gets its reward.

Besides, every habit consists of these 3 phases mainly. A habit like smoking: **clue**(cigarette or something internal like: **stress**), **habit**(smoking it), **reward**(the good feeling of nicotine inside the body).

Finally, Habits **affect** our lives every single day. From the time we wake up till we go to sleep. The idea is in **changing our habits** to what's best for us and our community.