

TOPIC OF THE DAY

We are what we repeatedly do excellence therefore is not an act but a habit-Aristotle



To me this means practice makes perfect. For you to get good at something you need to repeatedly do something, that's how you get good at anything.

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HABITS

Habits can be a big factor in your health, it can be a good thing or a bad thing. A bad habit can become an addiction and it can lead to very bad things in your life. A good habit can lead to better things in life.

