

As the year draws to a close, it's completely natural to reflect on the progress made and to set goals for the coming year. With timeless practices like new year resolutions, and yearly throwbacks, we get to remind ourselves of everything we did right and everything we did wrong during the year. Such reminders have a way of circling back to our habits, and the need to either change, improve or pick up better ones. Embracing new habits has always been the talk of the day, but what people fail to acknowledge most times is that letting go of certain small, counterproductive ones can be equally helpful. Little adjustments, no matter how minor they may seem can lead to improved productivity, a better mental health, and a refreshed outlook. To help you make the most of what remains of the year, here are a few habits you should consider leaving behind before you step into the new year:

1. Hitting the Snooze Button



Those extra five or ten minutes might feel like heaven, but hitting snooze often leaves you feeling more groggier and rushed for the rest of the day. Doing this

often would never let you attain the early riser goal, and might become a more difficult habit to break over time. Break this habit by setting a realistic wake-up time, placing your alarm clock across the room, and mentally preparing yourself to be disciplined the night before. Starting your day without snoozing sets a positive tone and gives you more control over your mornings.

2. Checking Your Phone First Thing in the Morning



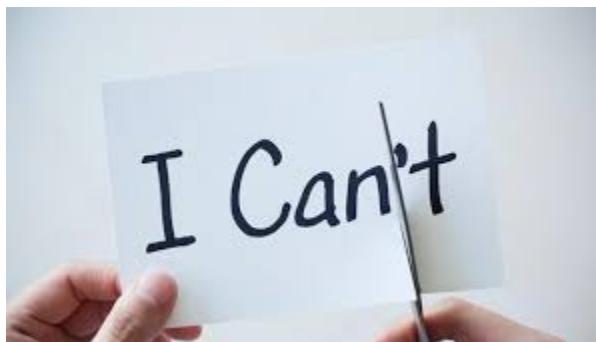
Phones can always become a problem whenever they are not used right. It can be tempting to catch up on whatever updates or notifications you missed while your body was resting but this is the first step to an unproductive morning. Instead, establish a morning ritual that makes you the highlight of the first hour or two. Think journaling, exercise, meditation or curating a priority list with old school pen and paper. Starting your day without distractions and with maximum self awareness can improve focus, reduce anxiety and aid your overall lifestyle.

3. Saying Yes to Everything



Now is the perfect time to drop the habit of saying yes to everyone and everything in a bid to be considerate but at your own expense. Overcommitting to tasks and social engagements can undoubtedly lead to burnout and overwhelm, which in turn can make you unproductive. Practice setting boundaries, prioritizing what truly matters and politely declining whatever does not align with your goals. Saying no more often is one of the best habits to pick up! It frees up time for self-care and more meaningful pursuits.

4. Negative Self-Talk



There is a huge difference between constructive criticism and negativity. Constantly criticizing your little actions and choices, without ever celebrating your small and big wins is a bad habit worth dropping! Not only does it erode

confidence and keeps you stuck, it also affects your mentality and idea of self worth. Pay attention to your inner dialogue, and replace harsh thoughts with affirmations or constructive (and more positive) self reflection. This small shift in habit can improve your self esteem and outlook in amazing ways.

5. Procrastination



Most people struggle with procrastination, and dropping this habit is a major win no matter how long it takes. Procrastination is one of those bad habits that can affect your lifestyle in profound ways but with so little effort. It causes mental clutter, laziness, stress, and a terrible track record of never achieving your goals. Tackle this habit with the “two minute rule” which encourages you to tackle any task that takes less than two minutes to accomplish, immediately. This small step taken consistently is a great way to clear minor tasks, keep you motivated and build up your sense of accomplishment.

6. Comparing Yourself to Others



Comparing yourself to others is a habit that should be dropped without second thoughts! With people constantly flaunting well deserved achievements online and in real life, it is easy to fall into that trap of comparing yourself with them. This habit not only diminishes your confidence and happiness, it can also make you seem ungrateful, selfish and generally discontented with life. The key is to focus on your own personal growth, and celebrate your personal achievements, no matter how small. Congratulate yourself for waking up early, for completing that streak, accomplishing that task and having a good day. Romanticize your life and remember, your journey is uniquely yours.

7. Multitasking



The act of indulging in more than one activity at a time, has a subtle and deep way of pulling you away from the present and drains the life from activities you can otherwise make enjoyable. Taking your tasks one at a time improves your focus, and ensures you are being fully present. Whether it is conversations,

chores, work related tasks or personal activities, practice being fully present to be able to give it your all, and get the full fill of it!

8. Putting Off Self-Care



The importance of self-care cannot be overemphasized, and as the year wraps up, drop the habit of ignoring your wellbeing. There is nothing commendable about indulging people or prioritizing other activities to your own detriment and it is high time you realize that self-care is not selfish. It is actually essential and absolutely necessary! Whether it's working out, reading a book, enjoying a quiet time or resting for designated hours, ensure to incorporate regular moments that deal with you and you alone.

Next year promises so much, and you cannot permit certain habits to rub you off the amazing potentials. Letting go of these habits can clear the path for you, and ensure that your year starts with more intentionality and a good sense of satisfaction. It is great advice to start small, stay consistent and watch how even minor changes can profoundly transform your mindset and daily life. It is also

important to replace bad or old habits with new and better ones, in order not to leave your routine vacant and easily breakable.

Till next time guys!