

Bad Habits to Break to Improve Our Lives

1. When things don't happen as we planned them to, we make excuses. We find convenient ways to justify why we *couldn't* or *wouldn't* do something. Stubbornly, we put off our plans and believe that tomorrow is more convenient than today. These excuses waste time and prevent us from making progress.

2. Interconnectivity distracts us from doing tasks efficiently. The internet is full of shallow content designed to get our attention. After losing our attention, research by professor Gloria Mark says it takes 23 minutes and 15 seconds to completely return to a task. To focus on our work, we need to put away our devices. Also, people may say they are great at multitasking, but research shows that 98% of us cannot do it well.

3. We often believe that saying 'No' is impolite or unfriendly, so we say 'Yes' to everything. This can negatively affect our own personal time and happiness.

4. With the rise of social media, it has become much easier to compare ourselves to others. We often compare ourselves to images of other people's lives that may not reflect reality. This can make us discontent.

5. Our minds are full of useless comments and judgements. When we let these inner voices control our lives, we overlook the beauty of the present moment.

[Sources: <https://medium.com/personal-growth/bad-habits-you-must-break-immediately-to-build-a-successful-life-in-2018-ca7268ebc236>.

<https://curtismchale.ca/2016/06/30/shallow-thinking-harms-productivity-learning/>. some original content]

Vocabulary: Match the words with their meaning as used in the article.

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| 1. justify (v) | a) not deep, without depth |
| 2. stubbornly (adv) | b) the act of doing several tasks at once |
| 3. put off (phrasal verb) | c) in a way that shows we don't want to change |
| 4. distract (v) | d) make someone lose their attention/focus |
| 5. shallow (adj) | e) miss or not see something |
| 6. multitasking (n) | f) unhappy |
| 7. reflect (n) | g) delay, to move something to a later date |
| 8. discontent (adj) | h) give a reason for something |
| 9. overlook | i) show, represent |