

Facts and Myths about Habits

Fill in the gaps with the words from the box:

consistency	implement	make use	hinders	pursuing	setbacks	emerged
-------------	-----------	----------	---------	----------	----------	---------

1. Over 40 percent of what you do is habitual (fact)

Every day a new adventure? Maybe. But the rest of your day is probably still pretty unsurprising. Researchers found that about 45 percent of the activities people did, were performed nearly each day under almost the same circumstances. You 1) _____ of your autopilot for almost half of your waking time!

2. Missing days 2) _____ your progress. (myth)

In the 1990s, thanks to comedian Jerry Seinfeld, the idea 3) _____ that for new habits to stick you have to do the action every day without missing one. Otherwise, you will break the chain and find yourself back at square one. 4) _____ is important when developing habits, but the idea that missing one day will send you back to the beginning is false, and also dangerous. How many people have given up on 5) _____ a habit completely because of a few 6) _____.

3. It takes, on average, around 66 days to change a habit. (fact)

There is a myth about 21 days. Don't buy it! Most likely you will not be able to 6) _____ your New Year's Resolutions before February. In fact, it is hard to provide you with a number at all. It depends largely on the kind of routine you want to change. Research suggests that on average it takes around 66 days to change a habit. In the study, however, there were people who made it in 18 days and those who would have needed more than 250 days. Not to mention those who did not make it at all.



The Elegant English Club

C1 & C2