

GOOD HABITS

&

BAD HABITS

"The book "Habits" is about understanding and improving the habits that shape our lives. This book explains how our small habits guide us towards big results. It explains how we By leaving negative habits, you can develop positive habits and achieve success in your life.

In this, a scientific approach has been adopted to form habits. The author has explained how any habit can be made permanent and effective., And how proper discipline of small habits can lead to big changes. This book psychology, Using neuroscience and self-improvement principles to better explain the impact of habits.

"By reading the book "Habits" you can bring practical changes in your day-to-day life., can achieve your goals and mental health, Can become a better person from a physical and emotional point of view.

-:About the author:-



DRx Devesh Pal is a renowned life coach, motivational speaker and expert in the field of personal development. Understanding the real challenges of life, he has guided people to identify their life purpose, overcome mental obstacles and achieve their goals.

During his personal journey, DRx Devesh Pal learned a lot from his own struggles and experiences. He is now working to convey this knowledge and understanding to others. He believes that with the right mindset, self-confidence and positive thinking, any person can change the direction of his life.

DRx Devesh Pal has written several books and conducts workshops and seminars where he trains people on self-motivation, commitment to life goals and mental strength. Their purpose is to inspire every person to be their best self and show them that they can overcome any obstacle by using their full potential.

His workshops and coaching sessions are packed with practical tools and strategies to help individuals turn their dreams into reality. He believes that the key to making life simple and happy comes from within, and this is the message he spreads through all his work.

Topic In This Book

1.	How to always stay motivated? Section-1
2.	How to always stay motivated? Section-2
3.	How to form good habits? Section-1
4.	How to form good habits? Section-2
5.	How to get rid of bad habits? Section-1
6.	How to get rid of bad habits? Section-2
7.	How to get rid of bad habits? Section-3

PART – 1

Section-1

how to always stay motivated.....



First of all we understand that Motivation what happens? The meaning of motivation is that to full fill our motive, we either watch motivational videos or attend motivational seminars or read motivational books. By reading, listening or seeing all these things, we are able to take action to full fill our motive. But the biggest problem of motivation is that it does not last more than two or three days, so what should we do or what technique should we use so that we can always remain motivated.

How To Stay Motivated:-

So here we see some techniques, which will always help us to stay motivated.

1. The first tip to always stay motivated is that first of all you should determine your objective - Now this question will come in the mind of some people, if you have made a motive then what is the need of an objective, then motive means that You complete your motive in a given time. So the specific time you set to complete your motive will be called a goal.



2. Always keep your focus on yourself Keep on purpose:- What we do is that we focus our attention on many things, like on social media or due to some problem in our society, then in such a situation we deviate from the path of our goal. So we do not have to do this, we have to keep our attention only on our goal.



3. There should be a strong desire in our life:- The meaning of strong desire is that your desire must be fulfilled under any circumstances, some people do not have a desire but only a wish, which is fine if it is fulfilled, if not it is fine. But we don't have to do this, we have to walk with a strong desire. And it has to be completed at any cost.



4. There should be strong emotions in our life:- You already know the meaning of emotion, so our strongest emotion is our mother - as we see that our mother helps us in

raising us, teaching us and many other things. Many problems have to be faced in teaching. So whenever you deviate from your goal, you see this image that my mother has faced a lot of problems for me and now I have to succeed for my mother. So in this way you can find your strong emotions and always remain motivated....



5. Inspiration:- There should be such inspiration in your life that you stay motivated after hearing or seeing it and if it is a person, then keep meeting and talking to that person so that you always remain motivated.



So we saw five techniques to always stay motivated –

- 1. Select Goal**
- 2. Focus**
- 3. Strong Desire**
- 4. Strong Emotions**
- 5. Inspiration**

By using these five techniques you can always remain motivated.

PART – 2

Section-2

How to always stay motivated....



In the previous topic, we had discussed five techniques to always stay motivated, which are as follows:

1. select goal
2. focus on your goal
3. Strong Desire
4. strong emotion
5. inspiration

So we saw these five techniques. Today we will talk about five more techniques which will help us to always stay motivated.

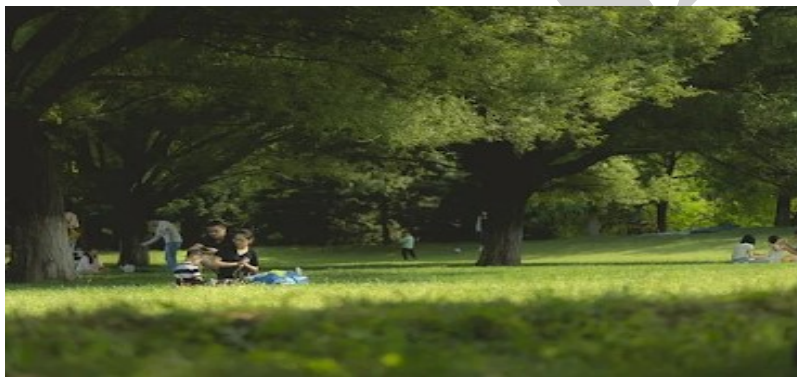
6. Change your internal environment:-

In this technique, you have to delete all the old data in your mind, that is, whatever good or bad has happened in our life, we have to erase those thoughts. This will mean that your mind will become clean and will start working faster. Now you have to enter only that data in your mind which helps you in reaching your goal, now some people will ask how to enter the data? So for that you can read motivational books or watch motivational videos, now whatever thoughts will come in your mind, they will be positive thoughts so that you can always remain motivated. But if you don't apply the next technique, your motivation will last only for two or three days, so let's look at that technique...



7. Change your external environment:-

In this technique, you have to change your external environment, meaning you do not have to spend time with those people who talk negatively, rather you have to spend time with those people who talk positively. Now what will happen is that the positive information given by those people will gradually start moving in your body, and you will always start being positive and will also always be motivated.



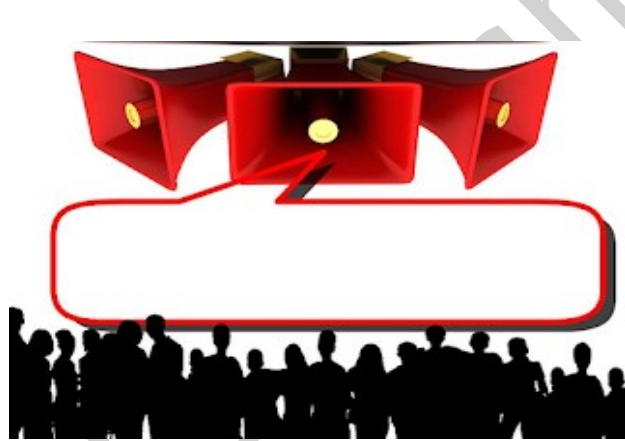
8. Visualization:-

This is a very strong technique, by using it you can bring changes in your life. So we will understand this technique through an example. A child who is studying in a school, a few days pass, the principal of that school calls his mother and says to her, your child is mentally retarded, and now our school cannot teach him further, then that child The mother tells the child that you are very intelligent, so this school cannot teach you anymore. Now that child always visualizes in his life that he is a very intelligent person, and he gradually becomes an intelligent person. That child grew up and invented the electric bulb, that child is none other than Thomas Alva Edison who was a great scientist. So by using this technique you can always remain motivated.



9. Commit Publicly:-

In this technique, what we have to do is that while giving a speech, we have to tell our dreams to our friends and family members that this is my goal and I want to achieve it in 1 year, now this will happen whatever you have commented publicly. You will complete it under any circumstances and thus you can always remain motivated.



10. Daily Learning:-

In this technique you have to do daily learning, now if you ask how to do it, then for this you can read motivational books or watch motivational videos or read motivational blogs. This will mean that whenever you think about anything, only positive thoughts will come to your mind and no negative thoughts will come.



Today again we saw 5 techniques –

- 6). Change your internal environment.**
- 7). Change your external environment.**
- 8). Visualization.**
- 9). Commit publicly.**
- 10). Daily Learning.**

So we saw the complete 10 techniques including Part 1 and Part 2. If you follow these techniques then you will always remain motivated and will soon achieve your goal.

DRX Devesh Pal

PART – 3

Section-1

How to form good habits....



Today we will know what habits are. So there are two types of habits –

- 1) good habits
- 2) Bad habits

Good habits make us successful and bad habits make us unsuccessful. So now let's talk about how good habits are formed.

Habits go through three processes –

- 1) Be
- 2) Routine
- 3) Reward

Now you will say what was the need for you to form a good habit, what happened in your life that made you want to form a good habit. Life was going on quite well if needed.

So let us understand this through an example –

You must have seen many such videos on YouTube, in which a lean, thin boy lives and he meets a very beautiful girl. Proposes to and the girl refuses by slapping him And she says, I have seen you gross, I have a boyfriend with a six pack. Needed . So here the goal of that boy becomes clear. Why does he have to make a body, he has to make a body because that girl Wants a boyfriend with a six pack.



So the first point of forming a habit is Why which is clear to that boy. And the second point is that now the boy knows that if he wants to build his body, he will have to do daily exercises and now the boy starts exercising. Second point – routine.....



Now he has included exercise in his routine, now the boy's body is formed and people appreciate him, people praise his body. And he also feels that now he has started looking smart and his six pack has also appeared. And the same girl returns in his life and he gets her as his girlfriend.



This is what happens to him Reward Which is the third point, and due to which he gets motivated and repeats that habit again and again, and so on. It has become a habit of his. If you also want to create a new habit, then clear your why, after that include it in your routine. When you include it in your routine, then gradually you will start getting rewards, due to which you will get motivated and that habit will not stop you. You will repeat this again and again and it will become a new habit of yours. But these three processes of habit are very difficult to overcome, so in the next topic we will discuss some easy ways to form habits.

PART – 4

Section-2

How to form good habits?



We saw in Part 1 that good habits go through three processes, so next we are going to talk about easy ways to form good habits. But before this we have to understand how our brain works. Is .

Brain works in two ways –

We understand this through a story, we have seen that there is a small child who does not have the slightest desire to brush his teeth, but his mother scolds him and makes him brush daily and says that if you If you don't, your teeth will get spoiled, and if you brush, your teeth will never get spoiled. So now it is clear to the child why he has to brush?

Now his mother includes this habit in his routine. And gradually the child sees that his teeth look good in comparison to those who do not brush.



In this story, the child's conscious mind works in the routine where he was forced to brush his teeth. But gradually as the child grows up, he does not need any scolding, no interaction, because his habit has gone into his subconscious mind and now he does not need any scolding or instruction. There is no need, that habit occurs automatically.

So here we understand some techniques with the help of which we can form good habits –

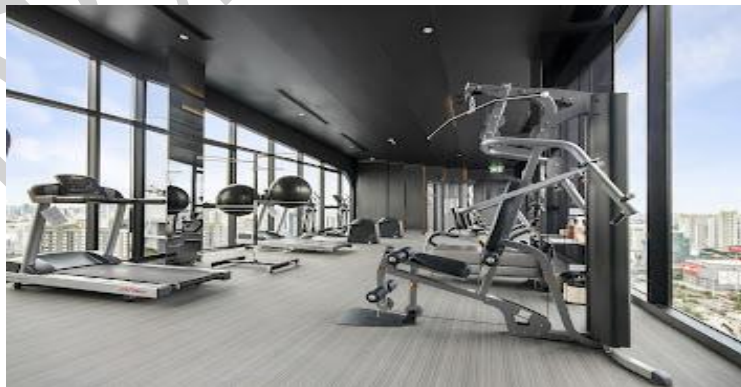
1. Pre planning-

If you want to make a habit of getting up at five in the morning, then you have to write down everything on a piece of paper before sleeping. What time in the morning you have to get up, what you have to do after getting up, how long you have to do it and with whom? All this information will go to your subconscious mind, and when we sleep, our subconscious mind works, so if we give it all this information then it will wake us up in the morning.



2. Positive Environment -

If you want to exercise after waking up in the morning, then you will have to create a positive environment, like exercise equipment should be kept, there should be proper lighting, and music should be arranged, but there should not be anything that distracts you. Distract, such as mobile, T.V. Or gaming devices.



3. Link you Habits -

You have to link your new habits with your old habits, now your old habit is to get up and exercise but you want to have a new habit, that of reading, you have to include it in it. So what you have to do is you have to decide that

before doing exercise you have to read one page daily, then it will not take much time to form this habit.



4. Start Small-

You have to start small, how many people wake up at 8 in the morning, but they want to make it their habit to get up at 4 in the morning, so this gap is very big, you will wake up one day, but it should not become your habit. You will find that you have to reduce it gradually. If you are waking up after sleeping at eight o'clock, then you have to make it your habit to wake up at seven o'clock, then at six o'clock, then at five o'clock and then at four o'clock.



If even after doing this your habit is not formed then the last technique for that is –

5. Self Punishment-

If you are not able to make your habit, then you have to decide - like you have to get up at five in the morning and if you are not able to get up, then you have to punish yourself that you will not use mobile throughout the day, because today Most people spend most of their time with mobile, so you have to decide that if you do not wake up at five in the morning, you will not use the mobile throughout the day. So by using these techniques you can create a good habit.

PART – 5

Section-1

How to get rid of bad habits?



Friends, you must have seen that if the leaves of a tree start rotting, then to improve it, we work on the roots of the tree and not on the trunk, similarly if we want to get rid of bad habits, then we have to work on the bad habits. Have to go to the root.

How are bad habits formed-

Bad habits are formed - due to bad thoughts, there are questions in our mind. Why do bad thoughts come to our mind? So when any wrong data enters our mind then our mind I get wrong thoughts. Now another question comes in our mind, from where does this wrong data enter our mind? So this data is interpreted through our 5 senses.

1. Ears-

When we hear any negative things through our ears in our society or from our friend circle, like your friends talk, there is nothing good in my life, my life is bad, I want to be successful, but my Family members do not support me, my financial condition is not good, that is why I am not able to succeed and that is why I am unsuccessful. So all this data goes to your body through your ears.



2. Eyes-

When we see wrong things through our eyes, whether it is T.V. Be it through text or through any social media, like murder, rape or any kind of theft, then that data goes into our body.



3. Nose-

When we enter any bad smell into our body through the nose, such as drugs, ganja, opium, heroin, when such bad smell goes from our nose to our mind, then wrong data gets entered into our body.



4. Tongue –

When we consume any wrong substance through our tongue, like alcohol or the worst habit in our country is to consume gutka or tobacco. Due to this, this wrong data goes into our body through our tongue, and we develop bad habits.



5. Touch –

When body touch is not appropriate in our society or in our friend circle, we develop a bad habit. How many people will not believe this, so let us understand it through an

example –You must have seen Shahrukh Khan spreading his arms, then in the same way, if you go to a natural place, and spread your arms, then the positive energy coming from there will move in your body. Now you will be confident that some data is entered through touch also.



When all this data enters our body through our 5 senses, then we feel good feeling for some time, for 5 or 10 minutes, and when that good feeling comes, then wrong emotions come in our mind, so when wrong emotions come to our mind, we do wrong activities to full fill those feelings, and when we do that wrong activity again and again, it goes into our subconscious mind. And when something goes into our subconscious mind, it becomes our habit. Similarly, we develop bad habits... So we saw that bad habits come from bad thoughts, and bad thoughts come through our 5 senses, due to which good filling comes and due to that good filling, we Wrong emotions come and to full fill the wrong emotions we do wrong activities. By repeating it again and again, we send it to our subconscious mind and it becomes our bad habit.

In this topic we saw how bad habits are formed, in the next topic we will talk about some techniques, which will help you in getting rid of bad habits.

PART – 6

Section-2

How to get rid of bad habits?



Friends, in the last topic we talked about how bad habits are formed. And today we are going to talk about some techniques which will help us a lot in giving up bad habits. So let us understand those techniques –

1. Control Your Senses:-

So in the last topic we talked about any wrong data through our 5 senses. enters our body through (eyes, ears, nose, tongue, touch) so if we want to get rid of bad habits, then we have to control 5 senses. If we want to control the 5 senses then we must have a strong will power. And the best way to increase will power is meditation, you will find many videos of meditation on YouTube. Every person should do meditation as per his age. Through meditation, you can control your five senses and get rid of bad habits.



2. Visualization:-

You have to visualize that I am a celebrity, and I do not give my time to every person. My time is precious to me, and I do not waste it on any bad deeds, I invest all my time in good things only. Huh. This will mean that you will get the celebrity feeling, signals will be sent to your mind that your

time is precious to you, and it should not be wasted in bad deeds.



3. Change your Lifestyle:-

If you want to get rid of bad habits, you will have to change your lifestyle. Write down on a page the lifestyle you are currently following from morning to evening, and analyze what benefits and disadvantages that lifestyle has brought to your life. And if the losses are too much, then try to change that lifestyle, and design a good lifestyle....

Such as – waking up early in the morning, exercising, meditating, watching motivational videos, reading motivational books etc. If all your time is invested in valuable things, then you will not have time left for bad things.



4. Make A Big Goal:-

You have to make a big goal in your life, the goal should be so big that it is out of your comfort zone. When you tell this goal in your society or friends circle, then everyone will tell you that, achieve this goal. It is impossible to do. But you say in your heart that you have to achieve this goal under any condition. Now there is such a big goal in your life that it takes all your focus and time to fulfill it and neither your focus nor time should be wasted in bad deeds and in this way you can get rid of bad habits.



5. Planning:-

If you want to avoid bad habits, you will have to plan. On the 1st page, write down all your bad habits and on the 2nd page, write down the disadvantages of those bad habits and on the 3rd page, you have to write what sacrifices you have to make to give up these bad habits. On the 4th page you have to write how you will give up these bad habits? And how to leave, I have told you all this.



You have to sleep after reading all this planning every day, because when we sleep, our subconscious mind works, and if all this planning reaches our subconscious mind then we can easily get rid of bad habits. So you can get rid of bad habits by following these techniques.



PART – 7

Section-3

How to get rid of bad habits?



Friends, as you know, in Part 1 we saw how bad habits are formed? In Part 2, we saw some techniques that help us give up bad habits. And today we will see five more techniques which will prove helpful for us in giving up bad habits....

So let's see some techniques.....

1. Discover Your New Habits:-

If you want to get rid of bad habits then you have to. Old habits have to be replaced with new habits. like you If you want to stop drinking alcohol then you should start drinking juice. You have to make a habit, and if you want to avoid social media, you have to develop the habit of reading books.



2. Change Your Environment:-

We saw in the first part that bad habits are formed due to wrong data, there are two sources of wrong data entering our mind, in source and outside source....

1. In sources like TV, mobile, advertisement, extra.

2. Our source comes from your family and society.

How many people will say that we should change our family and society, if your society is wrong then you can change it, but not your family, you can avoid the bad thinking in your family.



3. Busy With Your Work:-

You have to remain busy with your work, you must have heard a statement many times, “An empty mind is the house of the devil”. If your mind remains empty, you are not busy, then wrong data will enter your mind and you will develop bad habits. If you want to get rid of bad habits, you will have to always remain busy at work.



4. Distract Your Focus:-

Focus has to be distracted. Whenever you feel like doing bad things, like smoking cigarettes or eating gutkha, you have to distract yourself. You have to give a signal to your mind that I will do this work after some time. You have to get busy in other work, when you get busy in other work, you will not remember that you had any desire to do any kind of bad work. In this way you can get rid of bad habits.



5. Challenge Yourself:-

You have to give yourself a challenge, so that I do not have to do any kind of bad work. As you might have seen in movies, the villain challenges the hero that he is poor and will remain poor and will never become rich. So the hero accepts this challenge, and he becomes rich. Similarly, by using this technique you can also get rid of bad habits. Many IPS and government servants have become like this, they too have been challenged by someone or the other in their life and they have completed it. So in this topic I told you 5 techniques using which you can easily get rid of bad habits.



Thank you



Thank you very much from the bottom of my heart for reading the book 'Good Habits & Bad Habits' and changing your life and the lives of people around you. If you want to learn such good secrets about life from DRx Devesh Pal, then you can learn through DRx Devesh Pal's Youtube Channel- DRx Devesh Pal, his Blog -motivationblogs.com and his Courses - skillsikhe.com/courses. You can, if you want to invite DRx Devesh Pal for your school, college or business, then you can contact me on the information given below.

Instagram – DRx Devesh Pal

Facebook - DRx Devesh Pal

Whatsapp – 8889102348