

# How to Build Good Habits In Your Veterinary Career



## Habits help us make good choices

Most of us aren't strong enough to make the most success-oriented choice on a consistent basis unless we create tools to help us focus on that path. Life is simply too hard, too fast, and too complex for us to fight our way through productive daily patterns without the help of habits.

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We typically don't have to think much about how to brush our teeth, but it's during tasks like that when many of us do our best thinking because the activity we are involved in is a habit, and our brain does it automatically without much conscious help from us. This same feature of our brain can also drive incredible success if we harness it correctly.

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We have to exert a tremendous amount of energy, focus, and willpower in the early stages to get things moving. But if we can get through that phase, the habits, in time, begin to drive themselves. That's when we transition from working for our habits, to our habits working for us.

