

To close out this section on using the 12 months as a reminder system, I looked on the internet for testimonials about habit-building. I found that many, many famous people have commented on the subject of habit-building, as far back as Aristotle and Confucius. Here's a few of these testimonial quotes for you to consider as you begin your own habit-forming journey here.

There is great power in living a routine built from habit-forming. Brushing your teeth daily helps keep your teeth from falling out for instance. Don't worry, there's plenty of room in your days for off-plan adventures and excitement; likely even more, when you've got the basics of your life in hand and under control.

*People's natures are alike; it is their habits that separate them.*

— Confucius, Chinese Sage and Politician

*We are what we repeatedly do. Excellence then, is not an act but a habit.*

— Aristotle, Classic Greek philosopher

*The successful person makes a habit of doing what the failing person doesn't like to do.*

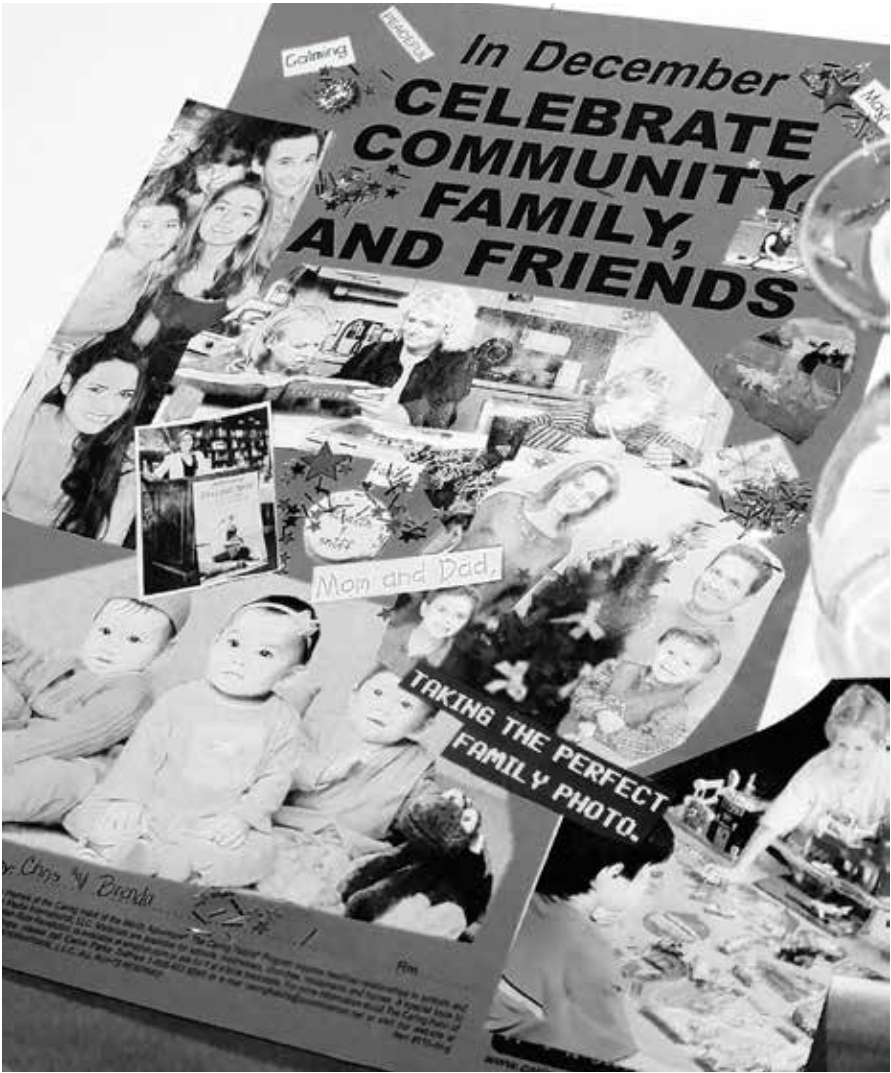
– Thomas Edison, American Inventor of the Electric Light Bulb

*There is no elevator to success, you have to take the stairs.*

– Zig Ziglar, One of America's Most Famous "Encouragers"

*Feeling sorry for yourself and your present condition is not only a waste of energy but the worst habit you could possibly have.*

– Dale Carnegie, Motivational Success Trainer and Author



Handmade posters done at a "Statewide Teachers" Training Workshop in Fairmount, WV