

The Power of Habit

Abhijeet Purkar, Mechanical (4/4)

'Greatness begins with those little habits'

But what builds these crucial little habits?

TIME

For all the times when you've felt like your routine is inadequate. For all the times you've wanted a few acts to come as natural instincts. For all the times your plans to inculcate a habit were marred by your exacting itineraries and the dubious surprises life would serve. For all the times our routines and the subsequent monotony had pushed us into a state of inertia to a point when the prospect of any revolutionary change in lifestyle was as unlikely as it was absurd.

This is our chance. This is the silver lining of this unfortunate pandemic. A butterfly's glorious transformation may sound too poetic, but is indeed an apt metaphor; this is when we expedite our evolution. 21 golden days of opportunities. Do what you aspire to imbibe and inculcate, every day for the entire period this quarantine (Of course, as long as it is done indoors).

It could be a habit of waking up every day at 5, a habit of daily reading or it could even be a habit of making your bed every day. This time may never come again. Be relentless and do it every day and after a few days, it will come to you like it is second nature. How many days?

As the author of the classic 'Power of Habit' has established; 21 days.