

our perception we  
will allow our brains to interpret and what parts we filter out. Our attitudes have a lot to do with how we relate  
to others and to the world and even how we see ourselves.



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Committing yourself Page | to good habits is the foundation for reinforcing the cycle of success. Read the following statements concerning habits for success that we have discussed in this text. Check either Yes or No as each statement applies to you.

1. Have you created a study are that helps you concentrate? \_\_\_\_\_
2. Do you make learning physical? \_\_\_\_\_
3. Do you preview each chapter before you read it? \_\_\_\_\_
4. Do you preview other chapters? \_\_\_\_\_
5. Do you rewrite your notes before class? \_\_\_\_\_
6. Do you outline your papers? \_\_\_\_\_
7. Do you proofread your papers several times? \_\_\_\_\_
8. Do you rehearse your speeches until you are confident and well prepared? \_\_\_\_\_
9. Do you attend every class? \_\_\_\_\_
10. Do you sit in the front of the class? \_\_\_\_\_
11. Do you attentively listen and take good notes? \_\_\_\_\_
12. Do you review your notes within 24 hours? \_\_\_\_\_
13. Do you monitor your work? \_\_\_\_\_
14. Do you get help early, if necessary? \_\_\_\_\_
15. Do you participate in class and ask questions? \_\_\_\_\_
16. Have you developed rapport with each of your instructors? \_\_\_\_\_
17. Have you joined a study team? \_\_\_\_\_
18. Do you study and review regularly each day? \_\_\_\_\_
19. Do you complete tasks and assignments first and then socialize? \_\_\_\_\_
20. Do you recite and restate to enhance your memory skills? \_\_\_\_\_
21. Do you take advantage of campus and community activities? \_\_\_\_\_
22. Can you create a motivated, resourceful state of mind? \_\_\_\_\_
23. Do you know how to solve problems creatively? \_\_\_\_\_
24. Do you use critical thinking in making decisions? \_\_\_\_\_

- 25. Do you exercise daily? \_\_\_\_\_
- 26. Do you maintain your ideal weight? \_\_\_\_\_
- 27. Do you keep your body free of harmful substances and addictions? \_\_\_\_\_
- 28. Do you support your body by eating healthy foods? \_\_\_\_\_
- 29. Do you practice techniques for managing your stress? \_\_\_\_\_
- 30. Have you developed an effective budget? \_\_\_\_\_
- 31. Do you take time for career planning? \_\_\_\_\_

If you find you've answered "No" to many of these questions, don't be alarmed. When old habits are ingrained, it's difficult to change them. Select at least one of the habits you answered No to. Determine what you can do today to turn it into a positive habit.

