

## Ten Delicious Habits ... and Why You Don't Have Them

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Are you extremely busy? Does your life seem to schedule around everyone and everything else? Ever find yourself feeling so low you've got to look up to see down? You might get some relief in the form of ten delicious habits.

I work with a number of clients who are very focused and intent on building their business, their sales and their careers. Some are up by 4 a.m. and have finished a day's work by 8. They spend 10 to 18 hours a day doing business, damage control, parenting, buying, selling, phoning, emailing, pulling rabbits out of hats and making the numbers work. They serve their customers well, belong to networking groups, civic organizations, associations and church committees. Somewhere between midnight and 2 a.m. they might make it to bed and lie there thinking about doing it all again tomorrow.

Some people love it; others feel trapped and can't believe what's happened to their lives.

Then I ask if they're missing the very life they're working so hard to get. "Huh??" is not an unusual response.

I say, "Give me ten delicious habits you enjoy that bring a good flavor to your life." Some can't think of any.

Some give me a marvelous list, including things like going out with the guys or girls or spouse, a good book, dancing, Starbuck's, fishing, gourmet cooking, bike riding, fine wines, hiking and more.

"Great!" I say, "When is the last time you really enjoyed doing any of that?"

Silence. And then the answer I commonly get, "You know, it has been a long time."

Yes, we're busy building ourselves and going for the gold. But as we go about our busy-ness, can't we also build-in some delicious habits that remind us of who we are—that keep us in touch and add a good flavor to life in the land of the living—that give us moments to embrace and that make those moments really mean something?

For some, all their delicious habits are solitary. Others have habits that are mostly in company with other people. They should ask themselves, "Is this OK, or do I need a different balance between the two extremes?" Answers will vary.

One client to whom I posed this question said, “This is hard. I only have three delicious habits and I just can’t think of anything else.”

Let’s get out of the box we’ve built around ourselves. If you don’t have enough delicious habits in your life, look at other people and steal some of theirs!

Why do we even need one delicious habit? Because everyone deserves to have delicious, flavorful moments in their life. Imagine having a little (or big) something special to look forward to each day. Imagine the mental break it could provide from the sometimes tiresome routine of life. Imagine having a moment in each day to call your own just to relax or smile or laugh or unwind a bit. Developing delicious habits can provide a healthier and more enjoyable daily routine, offer focus and perhaps help you regain balance and reduce stress.

And, we can be sneaky about it. Every day, I have the task of awakening our eight-year-old son. Connected to this task is a delicious habit that involves the dog and me making a game out of it. Imagine the delicious habit of waking up to a wagging tail thumping your nose! The dog has perfected this technique, and the fun and laughter is its own reward.

Why not reward yourself with a delicious habit? I know a salesperson who dreads Friday paperwork. For completing his paperwork by noon, he rewards himself with a simple fresh cup of hot tea. Tea?? Here’s the formula: Loves tea + anticipation + just smell the brew + feel the warmth of the cup + really taste the first sip + savor the moment = delicious habit.

Why not seize a habit you already have and make it delicious? “My schedule got changed and I’m calling you from the airport with my coffee and bagel,” the flustered, weary voice said. Do you really like coffee? Put the phone down, take a sip and really enjoy it, I’ll wait. This could be a delicious habit for you. [Waiting.] “Mmmm. I never thought of that,” said the voice, now different. Calm.

What defines a delicious habit for you? Whatever you want it to be. Look at your life, your priorities, your current patterns. Identify the things that bring you happiness; then purposefully build them into your life and practice them until they become your very own delicious habits.

Ten Delicious Habits is a concept coached in the full version of the Personal Foundation mentoring program. For a short-version checklist of this program, email [thecoach@mackarrington.com](mailto:thecoach@mackarrington.com) with Personal Foundation in the Subject line.