

## **Habits**

In the character-building class on Habits, I have learned that 'actions that are repeated by us consistently become our habits over the course of time'. It shows the path a person is walking along. The character of a person is determined by his habits. Habit whether good or bad if repeated for a very long time become a part of our sub-conscious as Instincts. Our habits are also affected by the environment where we live and grow up. Bad habits may lead to addiction if kept unchecked.

Certain personality traits are developed that may lead us into wrong track. Good habits lead into good etiquettes and manners. Our habits are also modified by the impact our friends and fellows. We should choose good friends. Carefully we should do this selection because we learn from one another. No one is born good or bad, good habits make someone good and bad habits bad.

I also would like to add that being student we should be careful and responsible in our College and society. We must control our eating habits, sleeping habits etc. so that our future become bright.

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