# 5 Reasons Why It’s Important to Develop Good Habits

Part of living a happy and healthy life is transforming your knowledge or inspiration into a daily habit. While forming good habits is a great way to improve your experience, have you ever wondered why it is so essential to develop good habits and eliminate bad ones? Here are five reasons why it is necessary to form good habits.

**Habits Are Who You Are**

A habit is something that you do daily without really thinking about it. The habits you form, like brushing your teeth or maintaining a healthy life, your habits become a considerable part of your routine that they ultimately become who you are.

**You Can Change Your Habits**

The best thing about habits is that if you don’t like them or they aren’t working for you. Your old habits can be incredibly challenging to break, and the worst the habits are, the harder they are to stop. If you want to begin eating healthier, all you need to do is start skipping your morning scone until it becomes second nature to pass up the sugary pastries at breakfast.

**Good Habits Allow You to Reach Your Goals**

If you have been dreaming about becoming a marathon runner, you won't jump into the first marathon offered by your city without training. It can take months, and even years of meticulous preparation to become fit enough to compete in a marathon successfully. The first step to reaching any goal is first establishing a daily habit. If you want to find a new job, you have to get into the habit of looking for work every day.

**Habits Set a Foundation for Life**

Since your habits become you, the habits, whether good or bad, that you choose to follow ultimately will set the tone for your entire life. If you have a habit of greeting your family with joy, you’ll end up becoming a joyful person. If you have developed the habit of eating vegetables with each meal, you will end up becoming a healthy person. Set yourself up to live a happy and healthy life by choosing to develop good habits.

**Habits Can Replace Motivation**

Everyone has days where they just don’t feel like exercising, working, or eating well. However, when you can develop these activities into habits, they will become second nature, and you'll do them without having to think.

Developing a foundation for healthy habits will greatly benefit you for the rest of your life. Developing good habits isn't an impossible task, and with the right determination and practice, you can make the process easier.