**10 Daily Habits that Often Waste 90 Percent of Our Time (Year After Year)**

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Regardless of your unique life situation or how you personally define success, you can’t become an overnight success. You become successful over time from all the little things you do one day at a time. Failure occurs in the same way. All your little daily failures (that you don’t learn and grow from) come together and cause you to fail.

* You fail to check the books.
* You fail to make the calls.
* You fail to listen to your customers.
* You fail to innovate.
* You fail to do what must be done.

These are the little things many people do over and over again, year after year, that waste nearly all their time and energy:

1. **Change nothing and expect different results:** The only difference between a successful person and a person who makes little progress is not one’s superior abilities, but the courage that one has to bet on their ideas, take calculated risks, and take steady steps forward.
2. **Keep waiting for the right time:** Think of today as the beginning, the conception of a new life. And no, you shouldn’t feel more confident before you take the next step. Taking the next step is what builds your confidence and fuels your inner and outer growth.
3. **Believe good things come fast and easy:** Don’t just do what’s easy today, do what you’re capable of. Astound yourself with your own abilities. And as you struggle forward, remember, it’s far better to be exhausted from little bits of effort and learning than to be tired of doing absolutely nothing. Effort is never wasted, even when it leads to disappointing results. For it always makes you stronger and more experienced in the long run.
4. **Refuse to accept necessary risks:** Living is about learning as you go. Living is a risky business. Every decision, every interaction, every step, every time you get out of bed in the morning, you take a small risk. To truly live is to know you’re getting up and taking that risk, and to trust yourself to take it.
5. **Make the rejections of yesterday the focal point of today:** Rejection teaches us how to reject what’s not right for our well-being. It won’t always be easy, but some chapters in our lives have to close without closure. All too often we let the rejections of our past dictate every move we make thereafter. We do not know ourselves to be any better than what some opinionated person or isolated circumstance once told us was true.
6. **Refuse to take responsibility:** You aren’t responsible for everything that happened to you, but you need to be responsible for undoing the thinking and behavioural patterns these outcomes created within you. Positively taking full responsibility for the next step on your path forward can change everything. Leave the unchangeable past behind you as you diligently give yourself to the present moment.
7. **Close your mind to new ideas and perspectives:** To make real progress you must let go of the assumption that you already have all the answers. Even as you grow wiser with age, you must remind yourself that an understanding is never absolutely final. What’s currently right could easily be wrong later. Thus, the most destructive illusion is a settled point of view.
8. **Let a few negative people continuously distract you:** Your mind is your private sanctuary; do not allow the negative beliefs of others to occupy it. Your skin is your barrier; do not allow others to get under it. Take good care of your personal boundaries and what you allow yourself to absorb from others. It’s a lot easier to be negative than positive, and a lot easier to be critical than correct.
9. **Hold tight to something that’s not real:** Sometimes you have to track the data, review the data, and seriously sit down with yourself and come to grips with the fact that you were wrong about it all along. It was just an illusion that never really was what you thought it was. The key is knowing this, learning from it, letting go, and taking the next step forward.
10. **Maintain rigid expectations every step of the way:** Every difficult life situation can be an excuse for hopelessness or an opportunity for personal growth, depending on what you choose to do with it. So, start by choosing to let go of the expectations that aren’t serving you. When you are no longer able to change a situation, you are challenged to change yourself — to grow beyond the unchangeable. And that changes everything.

It’s your turn to not fall back into your old patterns of living simply because they’re more comfortable and easier to access. It’s your turn to remember that you’re leaving certain habits and situations behind this year for a reason: to improve your life because you can’t move forward if you keep going back. And it’s undoubtedly your turn to reclaim your time and make it count going forward!

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