

# What is a habit?

According to the dictionary, its “something that you do without thinking because you have done it so often; a settled way of behaving.”

Our habits define who we are and not all habits are bad. Looking at those things we do without thinking doesn't mean we have to change them: it may simply give us a deeper appreciation of who we are.

I almost certainly shouldn't drink so much tea and I ought to spend less time on Pinterest, but for now I'm content to be a person who does these things. I know I can make a great brew and I have lots of ideas pinned out, not all bad!

What do you think are five of your very best habits? What do you do regularly that you are proud of? Celebrate them below

Why do you think those habits are positive?