

Stop Watching TV If You Want To Succeed

We don't often sit and evaluate how much TV we are actually watching a week, if we actually knew that figure we might actually surprise ourselves on how much of our time is being wasted away on something so unproductive. If you were to watch the news and a TV show each day that could add up to about 1 or 2 hours a day. That can be as much as 14 hours a week and that doesn't even include all the movies that you sneak in during the week. Think about all the productive things you could have been doing instead with those 14 odd hours. You could have improved your health and fitness by walking or jogging around your block. Just think if you went and spent an hour exercising every day imagine all the weight you would lose in a year. Or maybe if you spent those hours with your kids or spent quality time with your partner, imagine the amazing relationship you would have invested into over the course of a year. Maybe you spent it instead reading, imagine the wisdom and knowledge you would have accumulated over the year.

The fact is that watching TV isn't going to add considerably to your quality of life but its easy. We can zone out and just relax in front of the television and just forget about our day. But why would you want to take the easy road. Sure working on the relationship, gathering knowledge or exercising involves more effort but nothing rewarding in life is without effort, unless of course you win lotto.

So if you want to start on your road to success today, you need to stop watching TV. Here are some handy tips on how you to can get back your hours each week. You have to remember that TV is a habit and as with any habit it can be broken. They say that it takes about 21 days of consistently doing something to turn it into a habit. So if you want to break the TV habit you need to replace it with something else and do it consistently for 21 days.

Start by either unplugging the TV, putting a cover on it or even better get rid of it altogether from your home. That's not to say give it away literally, if you aren't in a position to do that just yet why not put it in your garage or take it over to your mums place. That way you can now focus the next 21 days on working on developing you new positive habit. Pick something you want to do instead and schedule. Maybe its quality time with the kids, literally schedule and activity with them so that it isn't just adhoc. If it is working on your relationships with your partner then why not schedule a date, it doesn't have to always enjoy going out.

Either way if you can keep it up for 21 straight days you will be surprised at how much you actually managed to do with the time you otherwise would have wasted away sitting on your couch in front of the television.

Source: <http://www.articlecircle.com>

About the Author

For more personal growth articles visit: <http://www.personalgrowthunlimited.com>