

Excellence Is a Habit

We learn by observation, imitation and repetition.

Habits begin as offhand remarks, ideas and images. And then, layer upon layer, through practice, they grow from cobwebs into cables that shackle or strengthen our lives.

Habits are like submarines. They run silent and deep.

First we make our habits, then our habits make us.

Habits are like comfortable beds. They are easy to get into, but difficult to get out of.

Winning and Losing are both learned habits.