



MEN ON A MISSION

DEVELOPING THE HABIT OF FOCUSING YOUR MIND

By Wallace Harris, Program Director

To be successful, you must take the time to focus your mind and think about what you are doing. That means that you must stop and think about what you are doing! Not thinking about what you are doing can lead to serious problems in your life. God has given you a great mind! It is important to learn how to use it towards having a happy life.

Once you have a habit it is very hard to lose, so it is extremely important to be careful of the ones you choose. Men On A Mission would like to speak to you as a good friend and suggest the most important habits that we recommend: They are habits for your mind! This habit helps you solve problems and know what to do.

WHAT IS A HABIT?

A Habit is something you repeat; like saying 'hello' to the people you meet. Some habits are good and lead you down the path of taking care of yourself and others can be bad that will leave you miserable, frustrated and angry with yourself. Habits are kind of like a garden that grows many things. Some of our habits grow flowers, fruits and vegetables like exercising and some habits grow weeds, like smoking and drinking that are bad for you.

Make sure that your mind is trained to understand to 'trust in the Lord and don't depend on your own knowledge. With every step you take, think what He wants, and He will Help you go the right way.

