REFERENCE NOTES

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## T The Relationships between Productivity Habits

## Habits: A repeat performance

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‘’Edited by LaRuth and Kevin Genous’’ August 2021

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Our lives are made up of habits. In a study called “Habits—A repeat performance” habits are defined as “response dispositions that are activated automatically by the context cues that co-occurred with responses during the past. Experience-sampling diary studies indicate that much of everyday activities is characterized by habitual repetition” In other words, habits are something that’s easy for us to do because we’ve done them before. Many habits do not require an active choice to accomplish them because the habit has become second nature. For example, after a person has been driving the same commute to work for a month or more, then most likely it becomes so easy that the same person might forget they need to go a different route to run an errand after work and drive straight home instead. Because daily life is made up of habits, how productive a person is will depend a lot on what habits make up a person’s daily life.

After searching the term “habits” in our online catalogue the search came up with 999 results and the first few pages of search results had the word “habits” in the title and those titles also had to do with productivity. The results included building habits to be productive in finances, relationships, careers, and personal health. Productive people are not productive without good habits. People who are unproductive most likely keep poor habits. For example, if a person makes a habit of saving 20% of their income, invests 10%, and lives well below their means, they will be more financially productive than a person who does not put up money for savings or investments and is in the habit of spending more money than they make. One is likely to live a financially stable life, while the other is doing good just to pay the bills. If you want to be productive in your finances, you have to keep good financial habits. The same is true with relationships, careers, health, and self-care.

Even people who come into a good situation through luck, if they do not get into good habits, they will continue to be unproductive. Take for example someone who wins the lottery. If they do not keep any good habits with money before the lottery or after the lottery, then a bunch of money will not change their productivity. In a study done by Bengt Larsson it is stated that, “there is evidence from many countries that for the average winner, life goes on much as before”. There are also some stories of individuals who spent all their winnings, became broke, and some lost their marriages after winning the lottery.   
 In the workplace, people who have a habit of arguing with their bosses will most likely keep getting fired. Someone who is in a habit of doing the bare minimum work, will less likely get promoted. But someone who has a habit to do a good job while at work and is always reliable will more likely get promoted.

We are also more productive when we feel good and are living a healthy lifestyle. A healthy lifestyle comes from healthy habits. If a person brushes their teeth every day, they will have healthier teeth. If they also eat healthy foods and stay physically active, they will be healthier and therefore more productive.  Habits have the power to move our lives in the direction we want to go. We have to make the choice to start a good habit and be consistent with it. We have to decide to quit a bad habit. There are ways and techniques that can be learned through the resources on this pathfinder to help learn how to make and break habits in order to help shape the productive lives we want to lead.

ISSUE 8;

Pg. 1 Habits: A repeat performance

Pg. 2 Pathfinder

Works Cited

Larsson, B. (2011). Becoming a Winner but Staying the Same: Identities and Consumption of Lottery Winners. *American Journal of Economics and Sociology*, *70*(1), 187-209.

Neal, D. T., Wood, W., & Quinn, J. M. (2006). Habits—A Repeat Performance. *Current directions in psychological science*, *15*(4), 198-202.

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Covey, S.(2004). *The 7 Habits of Highly Effective People.* Simon & Schuster.

Path Finder

Continue learning about controlling habits to boost Productivity with the resources below!

**Websites to Explore**

For information regarding habit forming in general and how to be more productive visit <https://www.franklincovey.com/>

For information about making good financial habits visit Dave Ramsey’s website at <https://www.ramseysolutions.com/>

**Books**

Gretchen Rubin has written four books about how we can trick ourselves into controlling our habits by identifying our natural tendencies.

**158 RUBIN** *The Happiness Project* (2009)

**158 RUBIN** *Happier at Home* (2012)

**158 RUBIN** *The Four Tendencies* (2017)

**158 RUBIN** *Better Than Before*(2015)

Also, make sure to read *The 7 Habits of Highly Effective People* and related books which can also be found on our shelves using the information below.

**158 COVEY** *The 7 Habits of Highly Effective People* by Stephan Covey (2004)

Another book for learning techniques to build good habits is called *Tiny Habits.*

**158 FOGG** *Tiny Habits* by B.J. Fogg (2020)

**Books for kids**

E 617.6 MARSICO *Floss your Teeth: My Healthy Habits* by Katie Marsico (2019)

E MONCURE *Rabbits' habits : a book about good habits* by Jane Belk Moncure (2014)

E 613.4 MURRAY *Staying safe with healthy habits* by Julie Murray. (2021)

E 158 COVEY *The 7 habits of happy kids* by Stephen Covey (2008)

**Ebooks through our catalogue**

Kohn, S. E., & O’Connell, V. D. (2007). 6 Habits of Highly Effective Teams. Career Press.

Kohn, S. E., & O’Connell, V. D. (2005). 6 Habits of Highly Effective Bosses. Career Press.



Article and Pathfinder written by Kelly Davis, Librarian I, E L Lowder Regional Branch Library