

*First: At the beginning of the formation of a new habit put force and enthusiasm into expression. Feel what you think. Remember that you are taking the first steps toward making the new mental path; that it is much harder at first than it will be afterwards. Make the path as clear and as deep as you can, at the beginning, so that you can readily see it the next time you wish to follow it.*

*Second: Keep your attention firmly concentrated on the new path-building, and keep your mind away from the old paths, lest you incline toward them. Forget all about the old paths, and concern yourself with the new ones that you are building to order.*

*Third: Travel over your newly made paths as often as possible. Make opportunities for doing so, without waiting for them to arise through luck or chance. The oftener you go over the new paths the sooner will they become well worn and easily traveled. Create plans for passing over these new habit-paths, at the very start.*

*Fourth: Resist the temptation to travel over the older, easier paths that you have been using in the past. Every time you resist the temptation, the stronger do you become, and the easier will it be for you to do so the next time. But overtime you yield to the temptation, the easier does it become to yield again, and the more difficult it becomes to resist the next time. You will have a fight on at the start, and this is the critical time. Prove your determination, persistency and will-power now at the very beginning.*