

What Are Your Habits?

Lindsay: Okay, so habits, habits, habits. They make your life, don't they?

Susan: Yep.

Lindsay: They do. Absolutely. So you gotta (got to) watch out (for) what you've got. But let's talk about habits today. (Um), so Molly and Susan, can you guys describe one daily habit that you have that you wish you could break.

Molly: Sure. You wanna (want to) go 'head (ahead)?

Susan: Yeah. Sure. I have one habit that I really should break, but it's just – at the end of the day, **I make dinner, I sit down and eat it, bring the dishes into the sink and I don't do the dishes.** I think 'Oh, **I'll let them soak** and **I'll do them later on.**' Then I go back, I watch some **TV, and I go to bed and I don't do the dishes at the end of the night.** And by the end of the week, **there's (there is)** a huge pile of dishes waiting for me that I have to do on the weekend and that is a bad habit I need to break.

Molly: That's something you have to deal with that weekend then.

Susan: Yeah, yeah, and then **everything's (is)** caked onto the – yeah it's bad.

Lindsay: Yeah, it's definitely something you want to break. How would you break that habit? What could you do?

Susan: Ah, I guess I just can't, can't walk away from the dishes. I can't put them in the sink and walk away. I really need to (like) make a goal and say "I'm gonna (going to) do the dishes..." I have a dishwasher, so I don't understand what the problem is. I just need to rinse the dishes and put them in the, in the dishwasher. (You know) I don't have to run that right away.

- Molly:** I had a roommate who was irritated that we couldn't seem to get the house clean at night and so she developed something where it was we're all gonna (going to) take 15 minutes right now and do as much as we can...
- Susan:** Yeah, yeah.
- Molly:** ...and then we can go to bed. And I think what we found is that it doesn't take more than that time.
- Susan:** No, it never does. Yeah, yeah. That's true.
- Lindsay:** Interesting it's just like an instant cleaning opportunity, (like)...
- Susan:** Yeah, yes.
- Lindsay:** ...clean for 15 minutes and then stop and relax.
- Susan:** Yeah, and it never does take – especially with, (you know), many hands. Many hands make light work.
- Lindsay:** How 'bout (about) you Molly? What's your bad habit you wish you could break?
- Molly:** (Um) I have a bad habit of watching TV in bed at night as I'm going to sleep. **I actually will stream videos**, (um), from various subscriptions. (Um), and **I fall asleep** with the TV on every night and I have actually found that when I'm sleeping over at someone's house or I'm on vacation, I find it hard to get to sleep without that background noise and I just really wish that I weren't so dependent on the sound of the television or just noise in general to be able to fall asleep.
- Lindsay:** Aw man and what do you think *you* could do to break that habit?
- Molly:** (Um), (I mean) I used to have a desktop computer in my bedroom, and then I moved it out of my bedroom, so that I wouldn't do this, but then I got a tablet, so I think it's about not bringing the electronics into my bed.
- Susan:** Yes. (Uh-hm, Uh-hm). That really disrupts your sleep, too, not having that, just using the bedroom as a place to sleep, that's important.

Lindsay: Yeah it's really nice to have a quiet space that does not have technology for sure. How 'bout (about) good habits? Susan, what's a good habit that you have?

Susan: (Um) a good habit that I recently developed is (um) taking my morning vitamins. (Um), I just found out that I was anemic which means I don't have enough iron in my blood so I had to start taking iron and while I was at it I talked to my doctor and she suggested, (you know), calcium for my bones and a few other things. So now I'm finding I'm taking all of these (uh) pills in the morning and I have a pill case and **every morning I sit down** and (I'm like) I must do this **and I take the pills** and so I'm really trying to keep up with that. It's a good habit that I think is important and I'm gonna (going to) go back to the doctor and have my blood tested again to see if I still have that anemia (um) that caused me to start taking the iron in the first place, so I'm hoping that this good habit will have some results.

Lindsay: Yeah, that's great. That sounds like a really healthy way to start the day by taking vitamins. Excellent. How 'bout (about) you Molly? What do you have? Anything good?

Molly: Sure (um) I have a good habit that's recent (um) and it's kind of had – I had to develop this habit because I live such a charmed life. (Um) because I have laundry in my apartment, which I – it's the very first time in my adult life that I have had what we call in-unit laundry. (Um) before when I lived in apartment buildings, you'd have to go out some strange back door and down a dark alley and then into the basement. (Um), and you'd have to time it perfectly so that none of your neighbors got mad when you left your laundry in, in the machine...

Susan: Yes.

Molly: ...and now I don't have to do that because it's my laundry machine, it's my washer and my dryer and I don't have to share it. So for a long time I would start laundry and never finish it.

Susan: Yes. (Uh-hm).

Molly: Which means that you either get moldy clothes or wrinkly clothes or none of your clothes get folded and it doesn't matter if you start, (you know), start the wash – anyway, (um) basically what I, what I had to do was tell myself that if I put laundry in the washing machine then I had to know that I had enough time that night or that day to be able to dry it and fold it and put it away.

Susan: Yeah, that's important. Yeah.

Molly: (Um) because I, I can be lazy and forget (um) and if I don't put a system in place, then I, I definitely won't have a good habit.

Susan: Yeah, having a system in place is important.

Lindsay: Yeah, systems make our lives easier in general don't they?

Susan: (Uh-hm, uh-hm).

Lindsay: All right. Well thanks for sharing your habits today guys. I appreciate that.

Susan: Sure, no problem.

Molly: Of course.