

Habits of the Highly Successful We Can Adapt

Written by Steve Marr

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Catey Hill of *MarketWatch* wrote an article in which she shares habits of the highly successful. They are habits we can learn from. Here's a summary:

1. Develop a consistent early morning routine.

One of the reasons successful people say they start early is to allow quiet time for meditation before the day starts to interfere.

I have followed this by being at my desk between 5:30 and 6:00 am and starting my day with scripture reading and a personal devotional time. Around 7:00 I have breakfast and a devotional time with my wife. Then, I engage in my regular workday by 9:00 am. This 3½ hour time frame is critical to my personal balance and productivity.

While I do better by starting early, some are not morning people. The key is to identify your prime time and establish a solid routine that is effective in your life. Psalms tells us, "My eyes are awake before the watches of the night, that I may meditate on your promise." (Psalm 119:148, ESV)

2. Never stop reading.

One common activity that most high achievers share is that they read. Most read business publications and books, but many also read unrelated nonfiction as well as novels. Reading increases knowledge and shares different perspectives.

In my own personal routine, I tend to read in the evenings on average between 1 ½ to 2 hours as well as additional time on Saturdays and Sunday afternoons. At times I read material I don't

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necessarily agree with, partly to gain insights into what others are thinking and doing. Anyone who reads an hour or two per day will gain a tremendous amount of knowledge over a year. We read that “Jesus increased in wisdom and in stature and in favor with God and man.” (Luke 2:52, ESV) Likewise, we need to increase in wisdom on a regular basis and reading is a good way to gain knowledge.

3. Reserve time for contemplation.

While successful people may use contemplation in self-reflective ways, I prefer to think of this as time with the Lord. I look at it as an opportunity to clear my mind and become closer to the Lord. When I struggle with some issue, I find that if I break away for a bit, perhaps take a walk and seek the Lord’s guidance; the Lord provides insights I would never have worked through on my own. Scripture instructs us to be, “Praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints.” (Ephesians 6:18, ESV)

4. Keep healthy.

Exercise is an important part of a healthy regimen and one that I need to improve. I have significant back issues and complete a series of exercises prescribed by my physical therapist four times a week. When I go without exercise for a couple of weeks, the additional pain provides the motivation to get back on track. Paul reminded us, “Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own.” (1 Corinthians 6:19, ESV)

While the Lord ultimately decides who receives riches and honor, when we adopt these principles, we are likely to be more successful in our businesses and in our lives. If our character traits align with Scripture, then adapting successful practices from highly successful people is wise.