

Your Habits Make Who You Are #1

Habit is second nature. Many successful people _____ their achievements to their habits rather than _____ talents. Habits are actions that we take regularly _____ any _____. A British best-selling writer and _____ Oliver Burkeman said that the _____ is not that we don't feel motivated; the real _____ is that we imagine we need to feel motivated. Successful individuals _____ daily _____, regardless of whether they feel motivated or not. For example, _____ Haruki Murakami is writing a _____, he keeps a regular _____ every day without variation. He wakes up at 4:00 A.M. and works for five to six hours _____. In the afternoons he runs or swims, reads books, and listens to music. He _____ goes to bed _____ 9:00 P.M. He _____ maintains this habit without any _____. Developing and maintaining habits can be _____ beneficial in achieving various goals, whether _____ professional success, language _____, or losing _____. Why are having habits so powerful? How can we _____ things we want to do into habits?

Habit is second nature. Many successful people attribute their achievements to their habits rather than their talents. Habits are actions that we take regularly without any thought. A British best-selling writer and journalist Oliver Burkeman said that the problem is not that we don't feel motivated; the real problem is that we imagine we need to feel motivated. Successful individuals consistently carry out their daily rituals, regardless of whether they feel motivated or not. For example, when Haruki Murakami is writing a novel, he keeps a regular routine every day without variation. He wakes up at 4:00 A.M. and works for five to six hours straight. In the afternoons he runs or swims, reads books, and listens to music. He then goes to bed at 9:00 P.M. He consistently maintains this habit without any exceptions. Developing and maintaining habits can be immensely beneficial in achieving various goals, whether it is professional success, language acquisition, or losing weight. Why are having habits so powerful? How can we turn things we want to do into habits?

attribute	attribute A to B : Aの原因をBに帰する
consistent	一貫している
ritual	儀式、日々の習慣、決まりごと
immensely	とても、極めて
acquisition	獲得、習得

Your Habits Make Who You Are #2

Which do you think is easier, running twice a week or running everyday? Many people _____ the former is easier, but it may be wrong. When you decide to run twice a week, this is _____ thinking: “Was today the day for my run? When was the last time _____ running?” or “I don’t feel like exercising today, so I will _____ tomorrow.” By contrast, people _____ made exercise a daily habit _____ the question of whether or not they feel like doing it. It’s already been decided to do _____ everyday, so they can _____ immediately without hesitation. In other words, having a habit means that you don’t _____ have to _____ temptations. People _____ strong willpower are not even _____. On the other hand, people _____ a severe disadvantage. Every time they _____ going for a run, they have to _____ willpower to _____ their unmotivated _____. They are _____ having unnecessary fights with themselves, so they _____ spending a large amount of time and energy in deciding and _____ something. Leo Tolstoy _____ his diary when he was working on his masterpiece *War and Peace*, “I must write each day without fail, not so much for the success of the work, _____ not to _____ my routine.”

Which do you think is easier, running twice a week or running everyday? Many people intuitively believe the former is easier, but it may be wrong. When you decide to run twice a week, this is what you will be thinking: “Was today the day for my run? When was the last time that I went running?” or “I don’t feel like exercising today, so I will make it up tomorrow.” By contrast, people who have made exercise a daily habit can avoid the question of whether or not they feel like doing it. It’s already been decided to do it everyday, so they can carry it out immediately without hesitation. In other words, having a habit means that you don’t even have to fight with temptations. People with seemingly strong willpower are not even tempted in the first place. On the other hand, people without rituals suffer a severe disadvantage. Every time they think of going for a run, they have to employ their willpower to suppress their unmotivated selves. They are constantly having unnecessary fights with themselves, so they end up spending a large amount of time and energy in deciding and regretting something. Leo Tolstoy wrote in his diary when he was working on his masterpiece *War and Peace*, “I must write each day without fail, not so much for the success of the work, as in order not to get out of my routine.”

intuitively	直観的に	seemingly	外見上は、見たところ
make ~ up	埋め合わせる、補填する	employ	活用する
hesitation	ためらい	suppress	抑える
temptation	誘惑		

Many people make their new year's _____. One study shows that these goals only have a 4 _____ chance of being established. One of the reasons _____ so hard to _____ habits is that we often expect too much of our _____. We should _____ a small _____ that even the _____ can maintain. For example, if you want to keep a diary every day, there may be times _____ troublesome or don't want to think about what to write. However, you can simply write "I don't _____ writing today," and you can _____ the habit. If you want to exercise everyday, the goal should be just one push-up everyday, _____ 30 push-ups. When you know you have to do 30 times, you _____ imagine the _____ pain you have to _____. Naturally you become _____ in your routine, the target should be as small as possible. Just one push-up doesn't make any _____? Exactly. However, _____ the habit becomes deeply _____, the _____ should be to sustain the habit. If you break the habit _____ becomes _____ established, it is going to be extremely difficult to _____ the following day. As long as you _____ the routine, at some point, it will be your _____ habit and you will _____ easier to make a greater effort.

Many people make their new year's resolution. One study shows that these goals only have a 4 percent chance of being established. One of the reasons it's so hard to stick with habits is that we often expect too much of our future selves. We should start with a small objective that even the laziest version of us can maintain. For example, if you want to keep a diary every day, there may be times when you find it troublesome or don't want to think about what to write. However, you can simply write "I don't feel like writing today," and you can at least maintain the habit. If you want to exercise everyday, the goal should be just one push-up everyday, instead of 30 push-ups. When you know you have to do 30 times, you can't help but imagine the muscle pain you have to endure. Naturally you become reluctant to get started. Until it takes root in your routine, the target should be as small as possible. Just one push-up doesn't make any difference? Exactly. However, until the habit becomes deeply ingrained, the initial goal should be to sustain the habit. If you break the habit before it becomes fully established, it is going to be extremely difficult to resume the following day. As long as you manage to keep up the routine, at some point, it will be your default habit and you will find it easier to make a greater effort.

new year's resolution	新年の誓い	take root	根付く、定着する
stick with	やり続ける	ingrain	根付かせる
objective	目標	sustain	持続させる
push-up	腕立て伏せ	resume	再開する
reluctant	乗り気がしない		

Your Habits Make Who You Are #4

It's astonishingly easy to oversleep, but keeping the _____ waking up early is _____ difficult. Similarly, eating _____ is far easier than exercising _____. A _____ characteristic of things that are difficult to keep up is that the _____ come slowly. _____ we _____ immediately after exercising, it would have been much easier to _____ our regular habit. Conversely, if the "likes" on Instagram arrived a month later, there _____ be so many people _____ social media. The _____ of the game in our society have changed to not jumping to _____ the immediate rewards _____ the delayed rewards in the future. The problem is that _____ the reward is a great distance away, we can't _____ to do something. For example, _____ several months before we can feel the improvement in your English _____, but the brain prioritizes short-_____ rewards. We cannot wait. That is why many of us end up opening a social media _____ instead of an English textbook. Therefore, people who are motivated by the sense of _____ are most likely to fail. Skills and abilities do not always _____ and _____; sometimes growth _____, and even _____ worse conditions. If you _____ the sense of progress as the source of motivation, you will always be _____ by the _____ of growth. _____, people with the highest likelihood of success _____ stick to their routines, regardless of _____ improving or not.

It's astonishingly easy to oversleep, but keeping the habit of waking up early is annoyingly difficult. Similarly, eating excessively is far easier than exercising regularly. A common characteristic of things that are difficult to keep up is that the rewards come slowly. If we could lose weight immediately after exercising, it would have been much easier to make it our regular habit. Conversely, if the "likes" on Instagram arrived a month later, there wouldn't be so many people addicted to social media. The rules of the game in our society have changed to not jumping to grab the immediate rewards but instead obtaining the delayed rewards in the future. The problem is that when the reward is a great distance away, we can't get in the mood to do something. For example, it takes at least several months before we can feel the improvement in your English fluency, but the brain prioritizes short-term rewards. We cannot wait. That is why many of us end up opening a social media app instead of an English textbook. Therefore, people who are motivated by the sense of growth are most likely to fail. Skills and abilities do not always progress instantly and linearly; sometimes growth stagnates, and even seems to decline due to worse conditions. If you depend on the sense of progress as the source of motivation, you will always be swayed by the fluctuating nature of growth. Paradoxically, people with the highest likelihood of success just dispassionately stick to their routines, regardless of whether they feel they are improving or not.

astonish	驚かす	prioritize	優先する
annoy	イライラさせる	linear	直線的な
excessive	過度に	stagnate	停滞する
reward	ほうび、報酬	sway	揺さぶる
immediate	即座の	fluctuate	変動する、揺れ動く
delay	遅らせる	dispassionate	冷静な、淡々とした
fluency	流暢さ		

Your Habits Make Who You Are #5

The words “routine” and “habit” may _____ a lack of thought. Sticking to a _____ with no choice seems less creative and less _____. But _____ daily routine is actually the result of _____ to make the best use of limited resources. We often _____ the amount of time, attention, and energy _____. Much like your _____ of money, those resources are limited and are consumed by each decision you make. Even _____ cleaning your email inbox can be _____. After making a _____ small decisions, you _____ no energy left to make any other important decisions. Having a habit means that we don't have to _____ our resources for making choices and get influenced by moods. As a result, we can spend our resources _____ for us. Former US President Barak Obama _____ the same dinner and _____ the same suit everyday because dinner and clothes were _____ than making better _____. _____ most in your life? What is the question that you want to _____? For _____ - _____ writers like Haruki Murakami, the most important question is not "What time should I start writing today?" but rather "What kind of story should I write?" and "How should I express it?" They prioritize building habits to _____ their attention and energy for what _____. Habit is second nature. Creativity and productivity do not only _____ talent, but our effort to _____ thinking about less significant things.

The words “routine” and “habit” may imply a lack of thought. Sticking to a rule with no choice seems less creative and less autonomous. But one's daily routine is actually the result of ingenuity to make the best use of limited resources. We often overestimate the amount of time, attention, and energy at our disposal. Much like your monthly allowance of money, those resources are limited and are consumed by each decision you make. Even tasks like cleaning your email inbox can be cognitively demanding. After making a series of small decisions, you end up with no energy left to make any other important decisions. Having a habit means that we don't have to waste our resources for making choices and get influenced by moods. As a result, we can spend our resources on what's crucial for us. Former US President Barak Obama ate the same dinner and wore the same suit everyday because dinner and clothes were far less important than making better political decisions. What matters most in your life? What is the question that you want to address with all that you have? For best-selling writers like Haruki Murakami, the most important question is not "What time should I start writing today?" but rather "What kind of story should I write?" and "How should I express it?" They prioritize building habits to save their attention and energy for what truly matters. Habit is second nature. Creativity and productivity do not only come from our innate talent, but our effort to avoid thinking about less significant things.

autonomous	自律的な、主体的な	demanding	努力を要する、厳しい
ingenuity	創意工夫	crucial	重大な
overestimate	過大評価する	former	前の、元の
at one's disposal	自由に使える	address (v)	取り組む、専念する
allowance	許容量	innate	生来の
cognitive	認知の	significant	重要な、意義深い