



The Wise Old Man

A wealthy man requested an old scholar help his son get rid of his bad habits. The scholar took the boy for a walk through a garden. Stopping suddenly he asked the boy to pull out a tiny plant growing there.

The boy held the plant between his thumb and forefinger and pulled it out. The old man then asked him to pull out a slightly bigger plant. The boy pulled hard and the plant came out, roots and all. "Now pull out that one," said the old man pointing to a bush. The boy had to use all his strength to pull it out.

"Now take this one out," said the old man, indicating a guava tree. The boy grasped the trunk and tried to pull it out. But it would not budge. "It's impossible," said the boy, panting with the effort.

"So it is with bad habits," said the sage. "When they are young it is easy to pull them out but when they take hold they cannot be uprooted."

The session with the old man changed the boy's life.

Moral

You are a product of your habits. Your habits are a product of YOUR daily choices. Take responsibility for your choices and you will take responsibility for the person you become.

Questions

1. What positive habits do you want to develop?
2. What bad habits do you need to change?
3. Who can you ask to hold you accountable for these changes?