

The Power of Habits

Which habits? | Identifying habits

It may not sound like something that has much **power**, but the **habits** that you have basically determine what kind of **Table Tennis** player you are. It was when I determined to improve my **habits** that things really started to change in my **Table Tennis**.

Which habits?

Specifically, some **habits** are more important than others, such as the habits of **self-discipline, self-control, perseverance, attention to detail** and so on. But it is the **habit of improving your habits** (!) that I want to concentrate on in this article.

To a greater or lesser degree, we all have habits - they may change a little sometimes, but they generally stay the same unless forced to be altered.

For example, you may have the habit of getting **nervous** when you have match point.

You may not even know that you have the habit, because it is so **ingrained** deep down that it happens without you knowing it.

But once you ARE aware of it, you can then go about **changing the habit**.

But it is that first step of making a **resolution** that you will get into the **habit of improving your habits** that you have to make before you can go on to identify and then improve them.

Identifying habits

So take a moment now and **write down** any **bad habits** that you can think of in your **table tennis**, whether on court or off.

To give you some help, here were some of mine:

- If I do a bad **backhand Drive**, my next backhand drive will be even worse because I am thinking about the last one.
- If my opponent is standing right on the **left corner** to receive my serve, I lose confidence and serve badly.
- I always arrive **late** to training.
- I got into the habit of **not warming up** enough before playing.
- I also got into the habit of always going for the **backhand side** first with my backhand.

I had no idea that I was doing most of these things, and I certainly hadn't taken any steps to **prevent** them happening.

But as soon as I resolved to get into the **habit of improving my habits**, I started to beat them all relatively easily.

So take the list that you have made, don't worry about curing them at this stage, but just **resolve** that you will get into the habit of improving each and every one.

And once these destructive **habits** are conquered of course, your game and your whole attitude will come on in leaps and bounds.

Until the next session, play right.

Javad

