**八年级（下）英语第4周第3课时**

**Module 4 Unit 3 学程拓展**

**一、阅读拓展。**

**It is our habits that define who we are**

*Sciencedaily.com* said in an article from 2014 that about 40% of our daily activities are performed each day in almost the same situations (情境). This repetitive (重复的) daily occurrence (事情) helps us develop habits. So roughly, half of our day is spent doing the same things habitually. This statement gave me two ideas. The first is that we can identify (识别) and change our current habits to automate (自动操作) more of our actions to yield (产生) the desired outcome. The second is that we are known (who we are) by what we do. You may be more familiar with these words attributed to Aristotle (亚里士多德) : “We are what we repeatedly do. Excellence is not an act, but a habit.” Let me break down these ideas.

Half of our day is spent doing the same things in the same situations. The first question that must be asked is “Are you happy with the outcome of your days?” I think that most salespeople and entrepreneurs (创业者) want more results out of our days. To accomplish (完成) this, we need to change what we do. We have to improve the condition of our habits. To some degree, all habits that don’t get us closer to our goals are bad habits. It is necessary to identify what habits these are, and contrast them with what we want accomplished. Then we can remove the habits that don’t help and create habits that are more in line with our goals.

Most of us know what actions and tasks lead toward our goals. The problem is that we just don’t do them to the levels required for success. Wouldn’t it be grand if most of our day was spent doing the things that helped us achieve our goals？We can find success more often and accomplish our goals by creating more and more habits that are in line with what we want. We can essentially (基本上) automate our days by doing only the things that we know lead toward our goals. Imagine doing what you need and want to do out of habit without much thought or energy. Habits of doing what leads to success are good. Good habits equal success.

**二、方法拓展：如何养成好习惯？**

**How to Form a Good Habit**

<https://www.wikihow.com/Form-a-Good-Habit>

**三、和小伙伴一起玩“现在完成时棋盘游戏”。**

