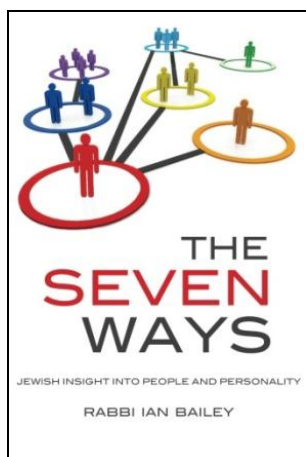


## Old Habits Die Hard: What's Holding You Back?

You've probably heard the idea that children should receive personalized education- "Educate the youth according to his way..."[1]. This is absolutely true, and in line with the Seven Ways approach to variants in personality.



However, the second half of this sentence I just as important: "...for even when he gets old, it will not deviate from him."

What a young person learns and experiences stays with him or her for a very long time—possibly the rest of their life. At a young age, our habits, mindset, and even components of our DNA (!) are being taken from “moldable” to “set indefinitely.”

To break past barriers, think about the rituals and habits of your youth. What foods did you eat? What was the tone like in your house? How did your family think of money?

These will be crucial clues for most of what is holding you back from personal growth or breaking down walls of confinement in your life. Studies show that the issues and habits which began in our youth crop up time and time again in family conflict, troubles with weight loss and substance abuse, and communication styles. Verbalize these things with your family and make them clear to yourself and you will have fundamental insight and impetus for growth.



THE 7 WAYS  
DISCOVER YOURS

*[To purchase **The Seven Ways** and better understand how to raise a youth with personalized education or to discover your personality's tendencies are [click here](#)]*

[1] Proverbs 22:6.