

The 8 Good Habits Of Highly Distinguished Students

By Your Teacher

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The 8 good habits of highly distinguished students are:

- 1) Right Understanding**
- 2) Right Thought**
- 3) Right Speech**
- 4) Right Action**
- 5) Right Livelihood**
- 6) Right Effort**
- 7) Right Mindfulness**
- 8) Right Concentration**

Good Habit # 1 – RIGHT UNDERSTANDING

A bad beginning usually has a bad ending.

The only good way to make a sensible start is to make a right start by trying to get RIGHT UNDERSTANDING.

RIGHT UNDERSTANDING means correct understanding, the best understanding, understanding that is true, understanding that is not half-true or half-false, but is the very best and most complete understanding you can get.

Let say you have a car and you have just filled the tank full with petrol. You have a road map and you know very well where you want to go. There is only one problem to keep you from starting your trip. You do not know how to drive; until you gain the proper understanding of how to drive, the car is useless to you. If you try to drive without knowing how, you place yourself in great danger.

Unless you first get RIGHT UNDERSTANDING you cannot make right use of the other 7 good habits.

For example, students who understand that it is to their own benefit to learn would work hard to learn more and do better. When you do well, everyone will be happy, including your parents and teachers. A highly distinguished student put into practice this good habit into everyday life.

Good Habit # 2 – RIGHT THOUGHT

RIGHT THOUGHT means to think in the right way. Those who harbour ugly thoughts of anger, cruelty, desire, envy, greed, hatred, ill will, jealousy, laziness, lust, revenge or unkindness will easily get into trouble but if you think correctly, you would end up doing the right things.

For example, if you harbour the **RIGHT THOUGHTS**, you will know that being lazy may make you fail in exams. This would mean spending another year repeating the same exams. So you would decide to work hard rather than be grumpy about schoolwork.

There is an old saying: “Look before you leap.” It would be much better advice if worded: “Look and **THINK** before you leap.”

If you have no real resolution, no well-planned aim in life, and do but little thinking, then the result can only be a life full of confusion and unhappiness.

Therefore, you must do your best possible thinking with the best possible aim.

Be clear of what you are going to do from the beginning to the end.

Be humble, sincere, and respectful. Do not think you are on top of everything.

Good Habit # 3 – RIGHT SPEECH

RIGHT SPEECH is the control of your tongue by right thought. Your speech must be free from abusive words, backbiting, deceit, falsehood, foul language, gossip, harsh words, idle talk, lies, offensive language, rudeness, silly talk, slandering, stupid chatter, swear words, tale telling and vain talk.

You must speak in such a way that your kind and gentle words of reasonableness will bring happiness to all with whom you talk. If you cannot bring happiness to others by your words, at least you must not injure them by wrong speech. Lying is one of the worst forms of wrong speech. A lie that causes hurt to someone else is worst of all.

At times, it is better you keep silence than to hurt another with one's speech.

Kind people do not use cruel or harsh language and wise people do not use foolish speech.

Remember, **PLEASANT SPEECH** is as sweet as honey, **TRUTHFUL SPEECH** is beautiful like a flower and **WRONG SPEECH** is unwholesome like filth.

Therefore, you should **SPEAK** words that are **TRUTHFUL**, **MEANINGFUL** and with **GOODWILL**.

Good Habit # 4 – RIGHT ACTION

RIGHT ACTION means to perform deeds, which do not cause suffering to yourself and others.

RIGHT ACTION aims at honourable, moral and peaceful conduct. It is the abstention from taking any form of life, from dishonest acts like stealing, cheating, corruption and sexual promiscuity and from taking liquors & drugs, both of which confuse your mind and cause much misery.

There is an ancient proverb that says: “Actions speak louder than words.”

Good words ought to be coupled with good deeds.

No matter how cleverly you may try always to speak in a good way, you will fail to disguise your true nature unless your acts are the same as your words.

Before you make a promise, you ought to ask yourself if you are able to make your actions fit in with your words. Those who fail to keep promises soon are not respected.

If you think and act wisely and well, then you need not feel shameful of your conduct.

Wise thought coupled with wise action brings the respect of others and keeps you from ever losing your self-respect.

Good Habit # 5 – RIGHT LIVELIHOOD

RIGHT LIVELIHOOD means not to live on work that would in any way bring harm to living beings.

RIGHT LIVELIHOOD implies that you should earn your living by honourable means. Work that involves slaughtering living creatures, sale of animal flesh, manufacture or sale of liquors, drugs, tobaccos, weapons, poisons, including the trading of people, gambling, are all harmful to mankind and should be forbidden.

If anyone suffers as a direct result of your work, then it is not **RIGHT LIVELIHOOD**. Therefore you should choose an occupation that is likely to be source of helpfulness and happiness to others.

For example, a student who wishes to study to be a doctor is planning a life work that will be a blessing to many. A doctor can ease human suffering. This occupation is considered to be very meritorious. Those who grow food or build houses, construct roads and bridges or any other occupation that is of real value to the human race, are all earning **RIGHT LIVELIHOOD**.

If your choice of occupation is not helpful to mankind, at least you must make sure that it will not be harmful to anyone.

Remember; do not earn your living by harming others. Do not seek happiness by making others unhappy.

Good Habit # 6 – RIGHT EFFORT

RIGHT EFFORT means to do your best to become a better person.

Examples of these are to work hard, to drop bad habits such as using foul language, laziness, quick/hot temper, smoking and taking drugs & liquors.

Each of you must make real effort to lead a good, moral helpful life. Many of you have good ideas and good intentions, but you do not use effort to put your good ideas into practice.

Another mistake made by students is the bad habit of putting off until tomorrow or next week or next month what they ought to do today. The only time you can be sure of is today, yesterday has gone and tomorrow has not come. The best time to begin to put forth **RIGHT EFFORT** is this very day.

If you sit on the beach and look at the water, wishing you knew how to swim, you will never know until you make an effort to swim.

Another way of naming Right Effort is Right Trying. You cannot get happiness or any good thing out of life until you really try.

Try to use your best efforts to be happy and actually use this good habit in your daily lives. The sooner you practice this good habit, the sooner you shall find real happiness.

Good Habit # 7 – RIGHT MINDFULNESS

RIGHT MINDFULNESS means to be always aware and attentive. That is keeping your mind on what you are doing.

Any job you are doing is a job that is done better if you use RIGHT MINDFULNESS. If you fail to focus your attention on what you are doing, then it is very likely that the finished job will not be satisfactory.

The most successful students are those who have trained themselves to give complete attention to whatever subject they may be studying.

You would have a far better chance to pass all your exams if you give your undivided attention to each subject in its turn.

Have you ever noticed that when you are trying to do three or four things at the same time, you usually get them only partly finished or, at most, imperfectly done?

That is because there is divided attention. Divided attention is never RIGHT ATTENTION.

It is almost impossible for you to be successful in life and find real happiness if you cannot concentrate your attention on whatever you may have to do from day to day.

Good Habit # 8 – RIGHT CONCENTRATION

RIGHT CONCENTRATION means to keep your mind steady and calm in order to see clearly the true nature of things.

It is the shutting out of your mind of all but only one thought.

You must concentrate on everything you do before you can do it well.

For instance, if you concentrate in class, you would not miss anything the teacher says.

You must think only good thoughts.

You must speak only good words and do only good deeds.

In RIGHT CONCENTRATION you endeavour to develop ‘one-pointedness of mind.’

This means, training your mind to concentrate on one subject only without jumping from idea to idea.

Remember, this practice can make you become more understanding & a happier person.

CONCLUSION

These 8 good habits can help you prevent problems or deal with any problems you may come across in your daily life.

If you follow it, you are on the way to less suffering and more happiness.

These 8 good habits lead to a cultured mind for only when the mind is brought under control, are you able to become a highly distinguished student.

Violation of these 8 good habits means the introduction of obstacles on the path, which will obstruct your progress.

Observance of these 8 habits means steady and smooth progress along the path.

Your conduct today will determine your future.

In life, you are not pawns in a game, but the makers of the game. You cannot, undo your past, but with these 8 good habits at your disposal, you can shape for yourself a joyful future.

You will then attain Purity, Equality, Honesty, Contentment, Compassion, and overall, True Happiness.

GOOD LUCK.