# Top 6 Most Common Bad Habits That You Need to Break

Your habits are what define you and help in shaping the person that you will become. Good habits will make you a better person overall, while bad habits tend to make you feel bad about yourself and can do you harm. While everyone wishes they could avoid engaging in bad habits, unfortunately, it's human nature and not something we can completely eliminate from our lives. Here are six of the most common bad habits that you need to break, starting today.

**Procrastination**

Procrastination is the single most common bad habit that many of us deal with daily. Everyone procrastinates now and then, however, when you procrastinate on everything, it can become a real problem. When you put off doing every vital task until the last minute, and miss deadlines, it becomes chronic procrastination.

**Multitasking**

In today's hyper-connected world of constant distractions, a lack of focus and inattentiveness in what you are doing or what you should be doing can turn into a significant issue. When you try to work on multiple things at the same time, you end up giving less attention to each task, which means nothing that you’re doing is being done well. Breaking the habit of multitasking won’t be easy.

**Profanity**

Everyone, at some point in their lives, has slipped up and used a bad word or inappropriate gesture. While profanity can be spoken casually, most of the time it is used to debase someone or something or express strong emotion. When you start to speak profanity casually, it can quickly become a habit, and be incredibly difficult to stop.

**Nail Biting**

Biting your nails is not only an embarrassing habit to have, but it can also be an incredibly unhealthy and unhygienic habit as well. This bad habit usually starts when you’re young, occurring most frequently in teenagers. Classified as obsessive-compulsive behavior, nail biting is often triggered by nervousness or anxiety.

**Worrying About Things Beyond Your Control**

One of the most common emotions that we all experience is worry. We fear that things won't go well tomorrow, we worry about dying, and we worry that we'll lose everything that we have. Unfortunately, suffering is never useful. When your worry is intense, and without solid ground, it can quickly become anxiety.

**Bad Sleep Habits**

Bad sleeping habits include sleeping too little, staying up too late, not having a consistent time to go to sleep and wake up, and sleeping too much. Going to bed and waking up at drastically different times can end up ruining your circadian rhythm, which is directly related to hormone production and cell regeneration.

These are just some of the more common bad habits that you could be facing. Fortunately, with some patience and hard work, you can eliminate any bad habit from your life.