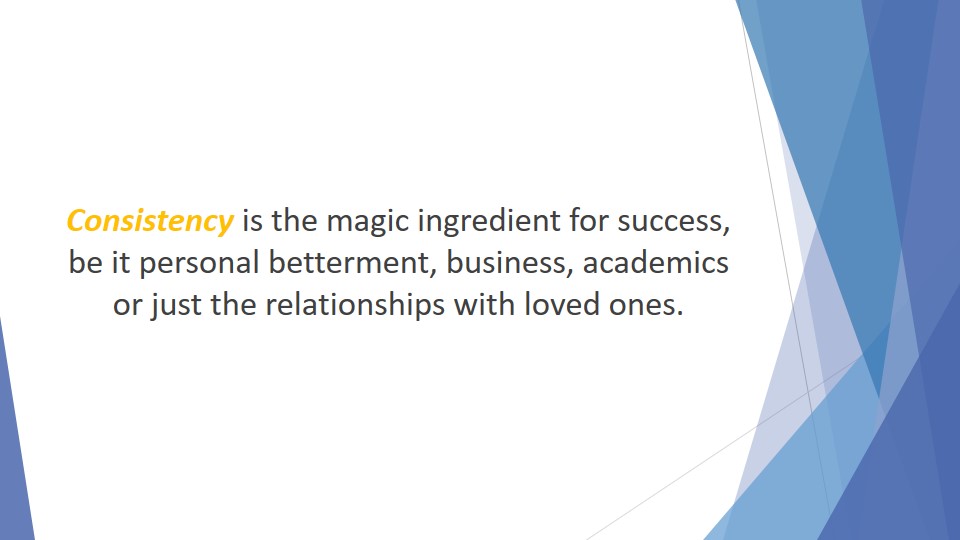
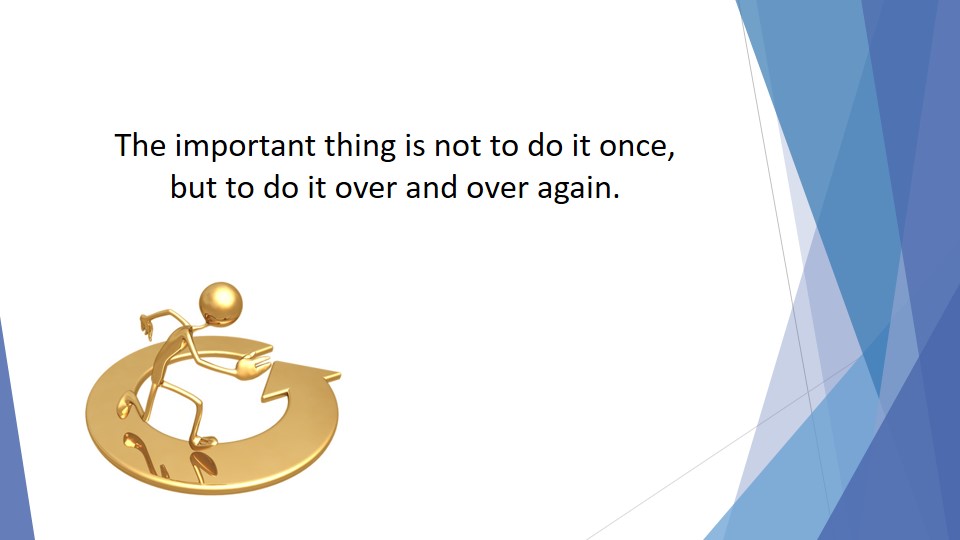
**Chapter 3: Consistency Is Key**

****

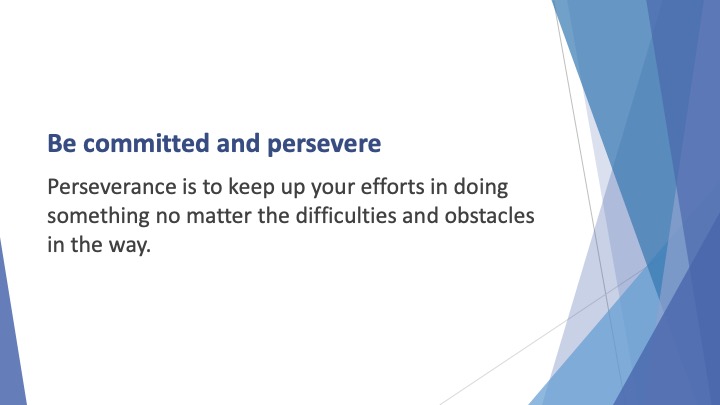
**S1** : In this video, we’ll discuss about “Consistency Is Key”



**S2** : Consistency is the magic ingredient for success, be it personal betterment, business, academics or just the relationships with loved ones. Without consistency and the will to stay steadfast in what you are trying to achieve, there is no success.



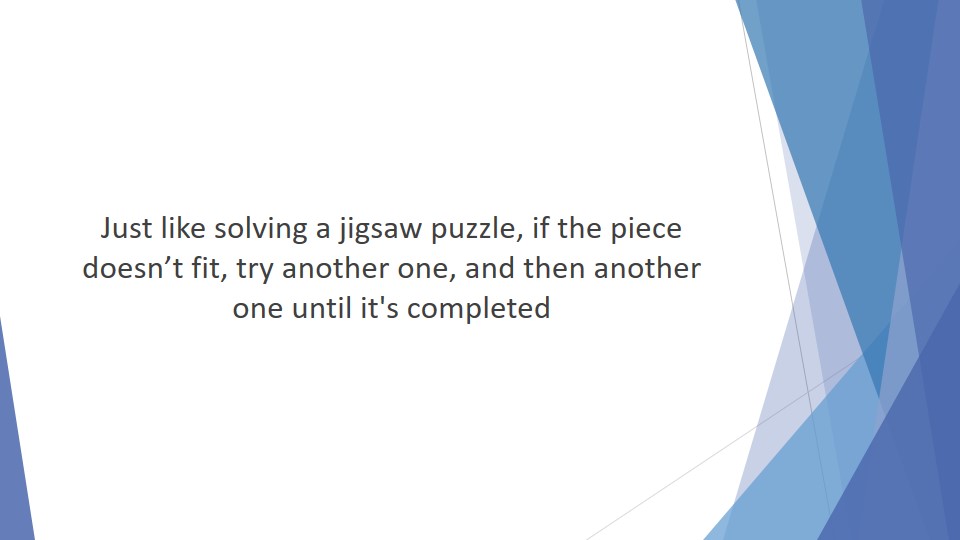
**S3** : A child never learns to tie his shoelaces the very first try, he tries again over and over till he finally figures it out the hundredth time. The important thing is not to do it once, but to do it over and over again. To never stop till you reach your goal.



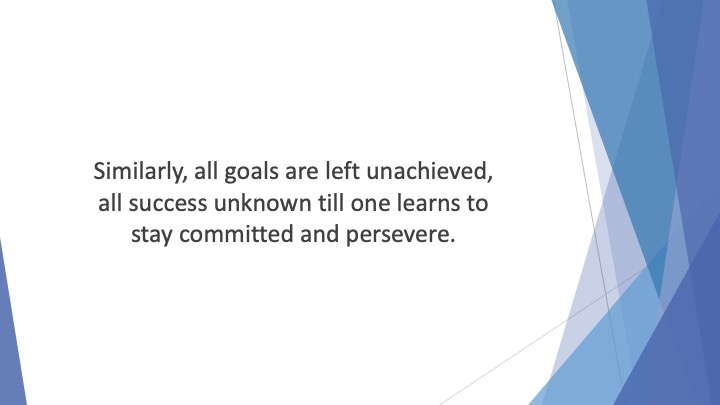
**S4** : **Be committed and persevere**

Perseverance is to keep up your efforts in doing something no matter the difficulties and obstacles in the way.

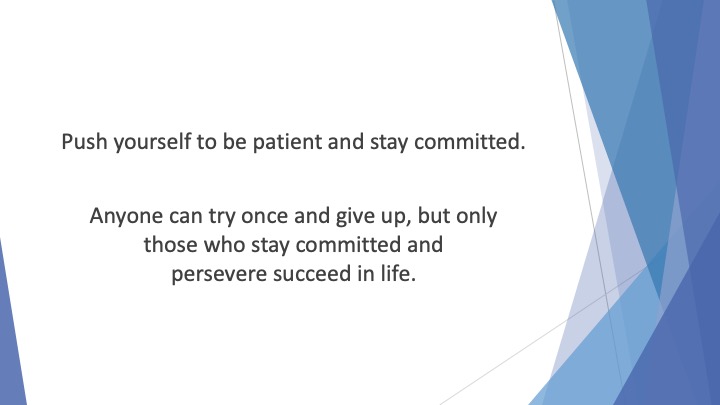
It is perseverance that helps you learn how to walk, then helps you study for an exam, or makes you get up every single day and get on with your life.



**S5 :** Just like solving a jigsaw puzzle, if the piece doesn’t fit, try another one, and then another one until it's completed.

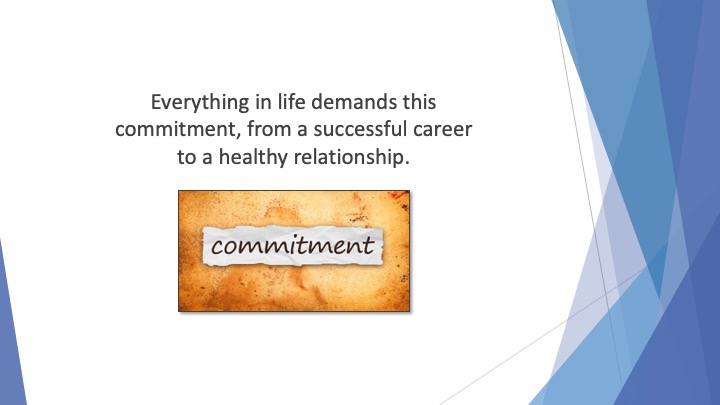


**S6 :** Similarly, all goals are left unachieved, all success unknown till one learns to stay committed and persevere.

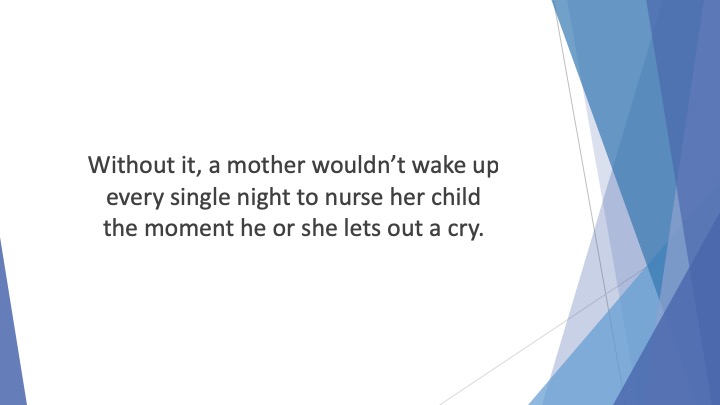


**S7 :** Push yourself to be patient and stay committed. Tell yourself why it’s important that you stay steadfast, remind yourself of why you must go on.

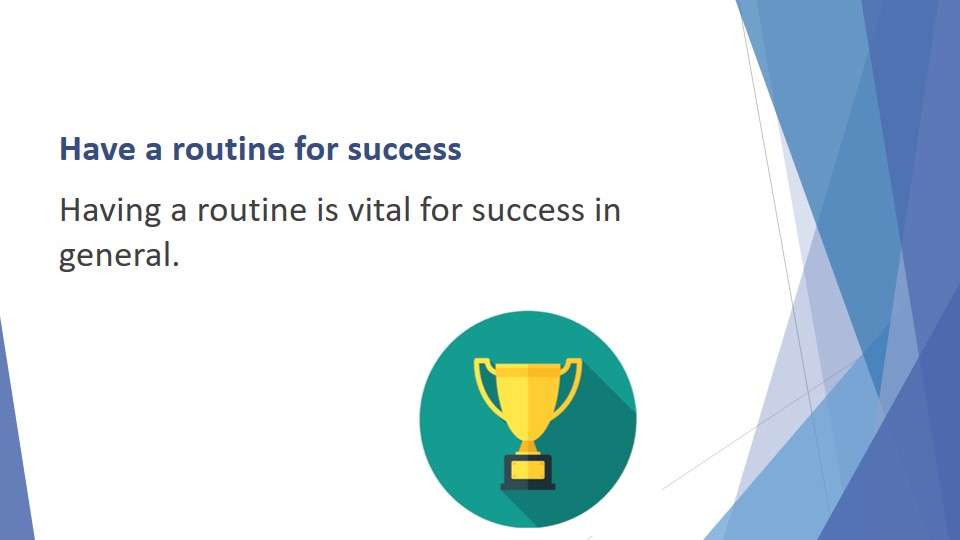
Anyone can try once and give up, but only those who stay committed and persevere succeed in life. In being persistent towards achieving any goal in life, you learn from your failures.



**S8 :** You learn what went wrong the first time. You learn how to defeat these obstacles rather than being defeated by them. Everything in life demands this commitment, from a successful career to a healthy relationship. Without it, a medical student would give up the first time they fail to memories the horrid details of a gruesome disease.

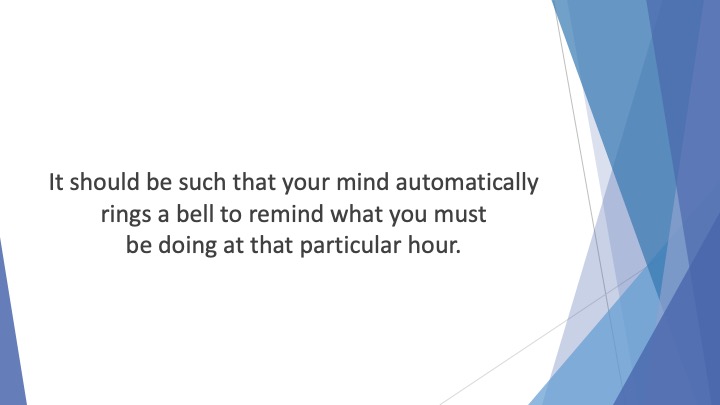


**S9 :** Without it, a mother wouldn’t wake up every single night to nurse her child the moment he or she lets out a cry. And to be honest, without it, wedding vows wouldn’t mean much either.

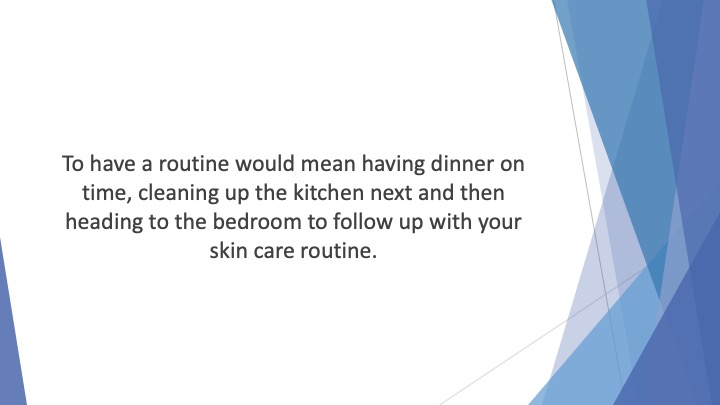


**S10 : Have a routine for success**

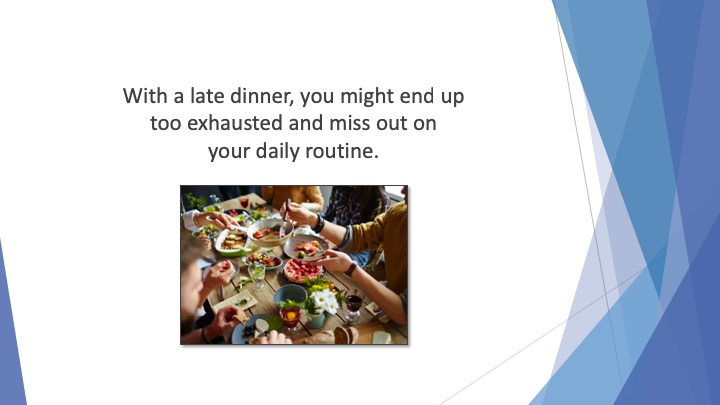
Having a routine is vital for success in general. Without proper division and allotment of time you give to a particular task every day, there is no way of achieving consistency.

****

**S11 :** It should be such that your mind automatically rings a bell to remind what you must be doing at that particular hour.

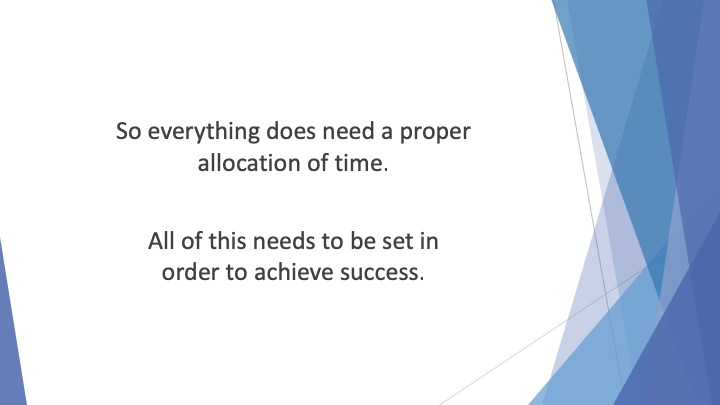


**S12 :** For instance, think of your daily skin regimen before bed. To have a routine would mean having dinner on time, cleaning up the kitchen next and then heading to the bedroom to follow up with your skin care routine. Without a routine, a change in the timing of one thing would lead to a change in the other.



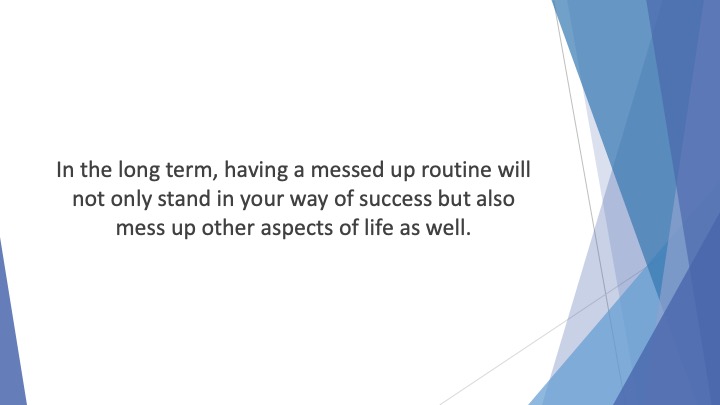
**S13 :** With a late dinner, you might end up too exhausted and miss out on your daily routine.

We all know how that goes then, it’s missing out one day, then the next and so on.



**S14 :** So everything does need a proper allocation of time. What time do you wake up? How long do you work out for? What time do you eat? How much time can you afford to give to your hobbies? Are you giving enough time to friends and family?

All of this needs to be set in order to achieve success.

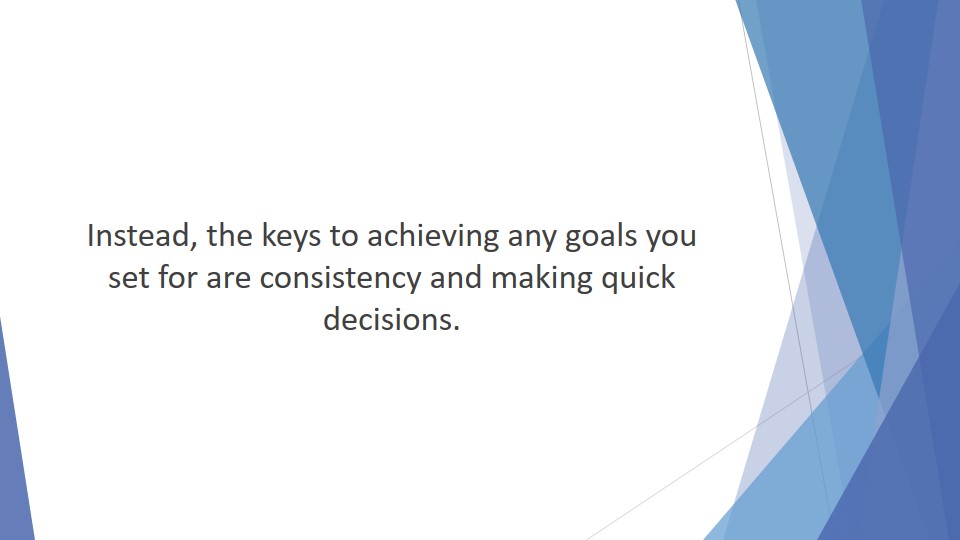


**S15 :** Being consistent with a routine maximizes the benefits of all the hard work. In the long term, having a messed up routine will not only stand in your way of success but also mess up other aspects of life as well.

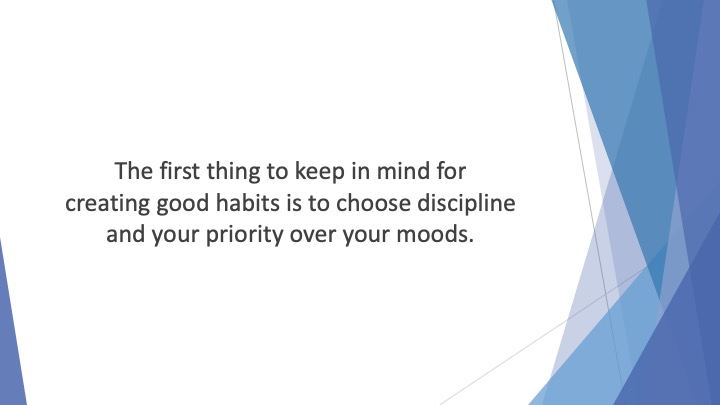


**S16 :**  **Create good habits**

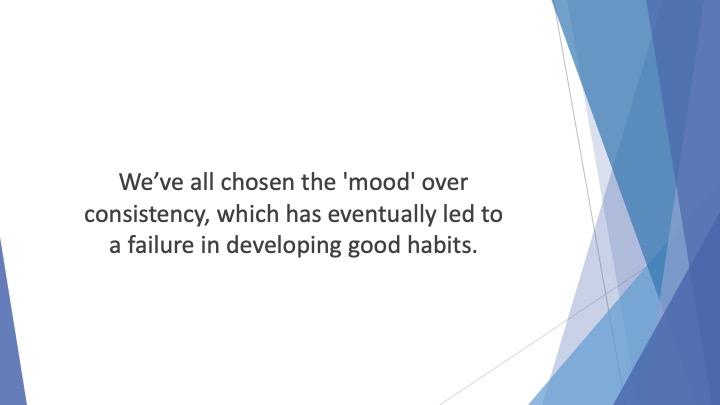
Being consistent leads to the development of good habits. Creating good habits ensures success in all areas of life. Doing something once in a while or when you get the time doesn’t get you anywhere near achieving your aims and aspirations.



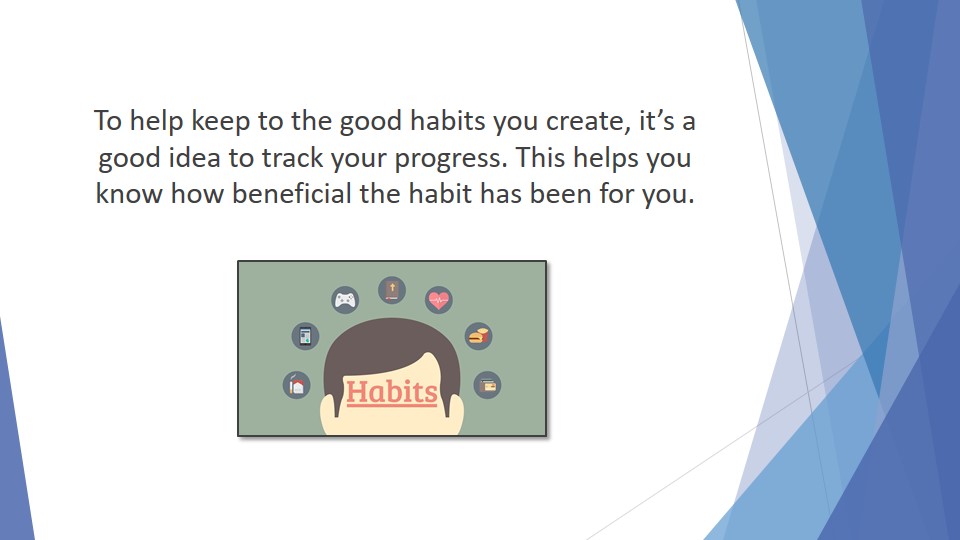
**S17 :** Instead, the keys to achieving any goals you set for are consistency and making quick decisions. This decision to do something every day is, in other words, your habits.



**S18 :** The first thing to keep in mind for creating good habits is to choose discipline and your priority over your moods. 'I'm not in the mood to study today, might as well binge-watch a series'. 'I'm a bit upset to work out today, skipping one day should not hurt.'

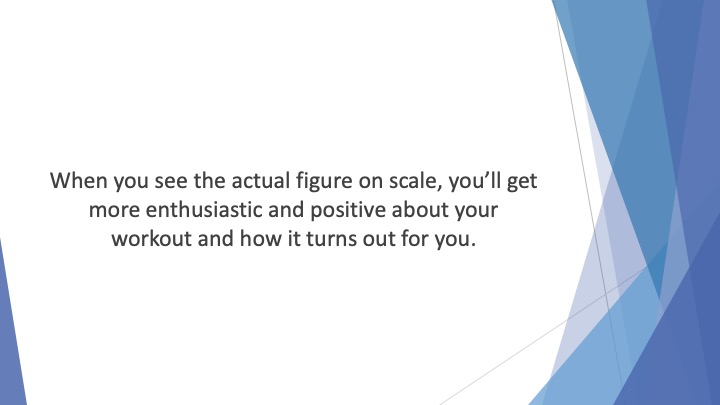


**S19 :** We’ve all been there. We’ve all chosen the 'mood' over consistency, which has eventually led to a failure in developing good habits.

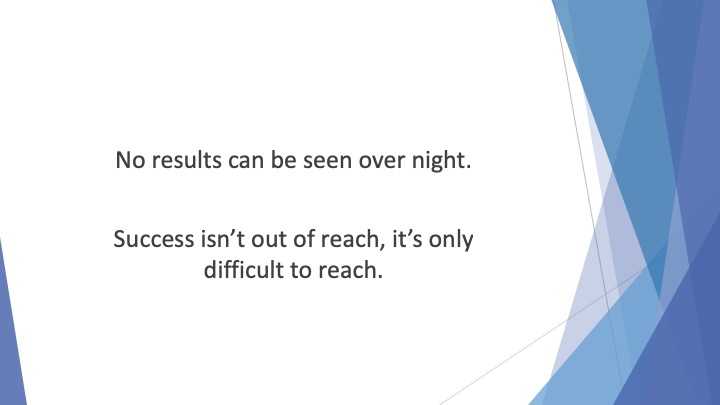


**S20 :** To help keep to the good habits you create, it’s a good idea to track your progress. This helps you know how beneficial the habit has been for you. The clearer you see the results, the stronger your will be to continue them.

For example, if you have a goal set on your weight and how much you want to lose, keeping a record every week should help you see a clearer pattern of the good that is coming from your habit of exercise.

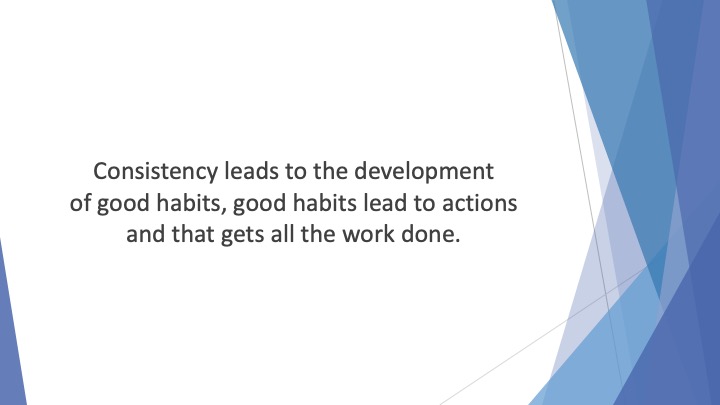
****

**S21 :** When you see the actual figure on scale, you’ll get more enthusiastic and positive about your workout and how it turns out for you.



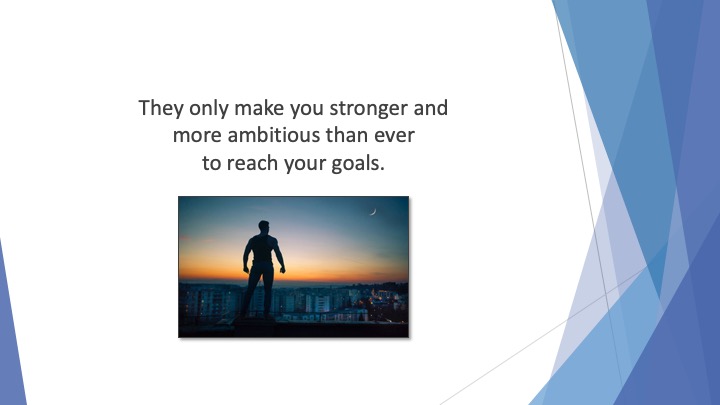
**S22 :** No results can be seen over night. Nothing is achieved in one go. Achievements take a long, persistent struggle.

Success isn’t out of reach, it’s only difficult to reach. Through persistence, perseverance and commitment, success can be guaranteed.



**S23 :** Consistency leads to the development of good habits, good habits lead to actions and that gets all the work done.

Once you get used to of the struggle and of staying steadfast no matter the difficulties, no failures can set you back.

****

**S24 :** They only make you stronger and more ambitious than ever to reach your goals.