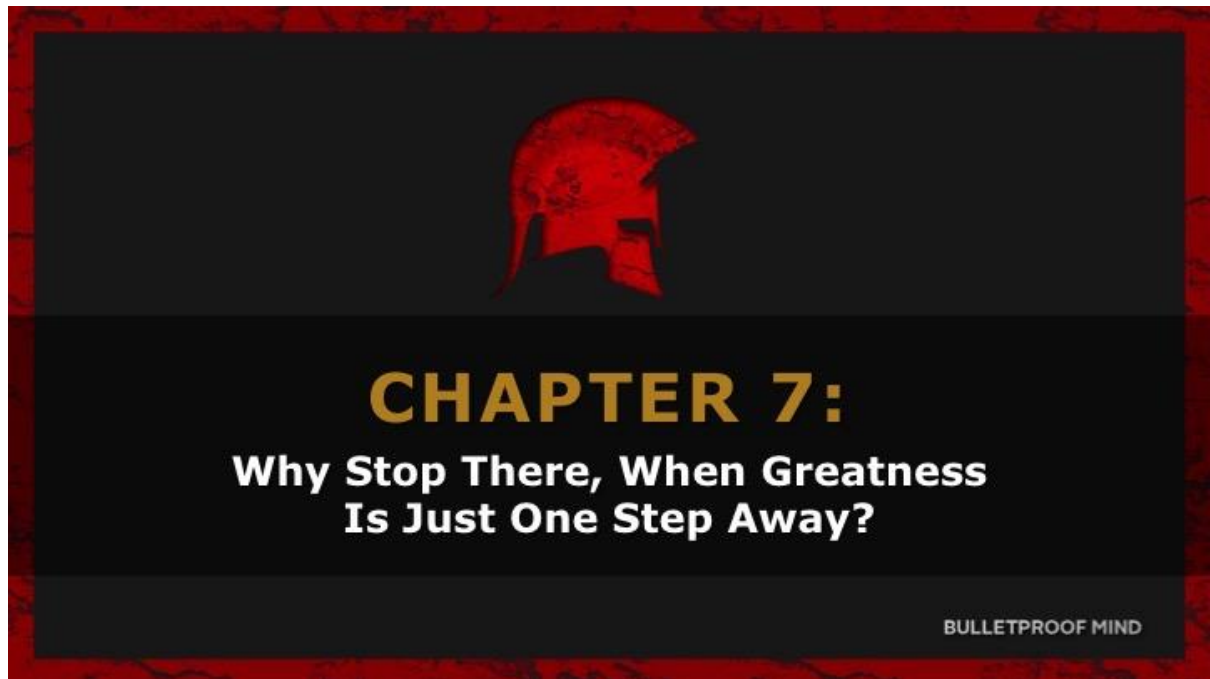


7-0 Why Stop There, When Greatness Is Just One Step Away?



S1: When making a change, think of it as climbing a hill. You're running up to it, sweating and struggling with every step on the ground, and then you reach the top, and the ground is now even. You run on the ground for a while, and then it becomes easy because you are used to it. Someone with a bulletproof mind never stays on the plateau for long.



S2: This is the plateau effect. This is widely used and most popular in the fitness scene. Someone does a workout, and at first, they see amazing results. Their weight may drop, or they may see muscles.

But they end up doing the same workout every day and never mix it up. Soon, the effects are less noticeable. The number on the scale doesn't go down as fast. Or at all. Sometimes, it may go up. Your muscles may end up turning back to fat.

The Plateau Effect

- This is because your body struggles to get used to something new, but when it's finally used to it, there is no challenge, and the results aren't as good.

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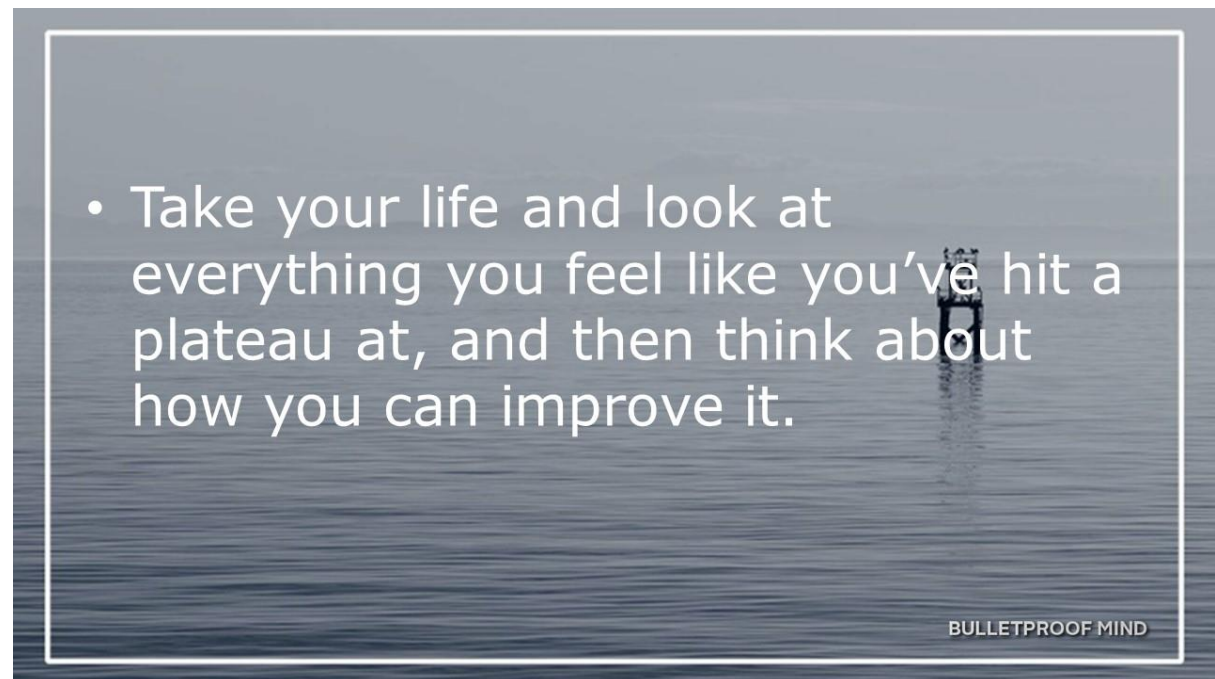
S3: This is because your body struggles to get used to something new, but when it's finally used to it, there is no challenge, and the results aren't as good. The idea of beating the plateau effect in the workout scene is to add new workouts to surprise your body, **or take the workout you have now and make it more challenging than it was before.**

- This is how you improve. Think about how you can take what you have and make it bigger.

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S4: This is how you improve. Think about how you can take what you have and

make it bigger. For instance, if you're getting into fitness, think about how you can lift ten more pounds, run a mile in less time, eat better, the list goes on.



S5: A plateau should not exist. As soon as you get good at something, make it more difficult. How can I earn more money? How can I build onto my home? Take your life and look at everything you feel like you've hit a plateau at, and then think about how you can improve it.



How do you know if you've reached the plateau?

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S6: But how do you know if you've reached the plateau? Sometimes, you may feel comfortable with doing something, and then you may feel challenged by it again. Here are a few questions you need to ask yourself.



Ask Yourself:

- Do I feel like I've done everything I can to make this more challenging?
- Do I feel bored with what I'm doing?
- Does my mind or body feel stimulated at all, or do I feel nothing?
- Do I feel myself deteriorating due to the lack of challenge?

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S7: How To Grow Beyond Your Limits?

- **Ask yourself these simple questions.**

- Do I feel like I've done everything I can to make this more challenging?
- Do I feel bored with what I'm doing?
- Does my mind or body feel stimulated at all, or do I feel nothing?
- Do I feel myself deteriorating due to the lack of challenge?

- 
- If you answer yes to any of these questions, then you might have reached a plateau, and you'll want to challenge yourself again.

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S8: If you answer yes to any of these questions, then you might have reached a plateau, and you'll want to challenge yourself again. See, humans thrive on stimulation. If their curiosity isn't piqued, if they feel like they aren't being challenged, then they suffer.



S9: Think of what needs the most improvement in your life.

What things have descended into mediocrity, and how can you make them more challenging or stimulating? Write them down, especially if you feel bored whenever doing a task.

- Try doing your workout faster in order to feel more burn.
- If your art seems stale, try drawing, writing, etc. in a different style than the one you're used to.

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- Mixing up your lifestyle will smash the plateau, and in its rubble, the road to improvement lies.

S10: Mixing up your lifestyle will smash the plateau, and in its rubble, the road to improvement lies.