

Consistency

Roadmap

(Ek guide un logo ke liye jo struggle kar rahe
hai "consistency" se)

[@TheMayankNegi](#)

Kyu tum baar baar fail hote ho?

Zyada log isliye fail nahi hote kyunki wo lazy hote hain...

Wo fail hote hain kyunki wo **motivation pe depend** karte hain, **system pe nahi**.

Motivation ek spark jaisa hota hai, start m fire deta hai, per agar uske saath ek system na ho, to wo bujh jaata hai.

Isliye yeh mat pucho "main motivated kaise rahu?"

Yeh pucho "m apne habits ko automatic kaise banau?"

3-Step Consistency Formula

Step 1: Ek Time Pe Sirf 1 Change Pakado

Apni puri life ek week mein fix karne mat lag jao.

Ek chhoti si habit choose karo, bas ek.

Jo abhi tumhe sabse zyada matter karti hai.

Example:

- Time pe sona
- Roz gym jaana
- 5 min journal likhna

Remember: **Consistency = Simplicity.**

Step 2: 2 Minute Rule

Jab bhi mann na kare kuchh karne ka,
bas **2 minute ke liye** start karna.

Perfect karne ka mat sochna, bas shuru
karna.

Or ek baar start kar liya, to tumhara dimaag
khud momentum le lega.

Example:

- 1 hour workout nahi ho raha? Bas 2 pushups karo.
- 10 pages nahi padhe ja rahe? Bas 1 paragraph padho.

**Sabse mushkil hamesha “start” karna hi
hota hai.**

Step 3: Restart Habit

Fail hona problem nahi hai.

Fail honer ke baad give up kar dena problem hai.

Agar streak toot jaye toh waps restart karo vo bhi "Day 1"

Yahi mindset unbreakable consistency deta hai.

Consistency ka matlab kabhi girna nahi hota...

Jabki her baar thoda fast uthna hota hai.

Ek chhoti si cheez choose karo jisme tum improve karna chahte ho.

💡 **Bonus Tip: Habit Anchor Lagao**

Apni nayi habit ko kisi existing cheez se link karo.

Example:

- Brush karne ke baad → 1 gratitude line likhna.
- Breakfast ke baad → apna to-do list dekhna.

Isse tumhara brain automatically habit ko attach kar leta hai.

Or hn mere iss guide ko sambhal ke rakhna,
kho mat dena!

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