

# How to Marry Mr. Persistence and Divorce Mr. Procrastination

I have always seen Mr. Persistence married to Miss Consistency.

In the end, very successful people share one trait in common: PERSISTENCE. They constantly work towards getting closer to their goals and dreams.

The good news is that you too can embrace persistence as one of your top traits, regardless of your talents or what you want to pursue.

Following you will find the steps to cultivate and develop your persistence muscles:

**1. PURSUE WHAT INTERESTS YOU:** (exercising, meditation, healthy eating, reading) this is important because you are going to do it every day to build your consistence muscles, and get closer to your dreams. It can be anything you want as long as you are passionate about that activity or you are really aligned with the benefits it brings to your life.

THE ACTIVITY OF MY CHOICE IS:

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**2. FIND PURPOSE & A SENSE OF MISSION:** Persistence is built through small victories. It's your daily personal choices that build your persistence muscles. So, having a clear WHY on the reason you want to pursue the activity of your choice is very important.

MY MISSION IS:

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**3. SCHEDULE YOUR ACTIVITY:** You must be totally committed to do your activity every day, at the time of your choice. Persistence is an abstract quality, but it is tied up to concrete actions. So, it's your actions that build your persistence muscles.

I AM COMMITTED TO PERFORM:

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IN THE FOLLOWING SCHEDULE:

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**4. JOIN THE WINNERS CLUB:** As Jim Rohn said: "You are the average of the five people you spend the most time with." So, choose wisely. The people you surround yourself with can make or break you. Surround yourself with winners, and you will naturally become one. Winners have huge doses of persistence is their default position. To start, you can choose an accountability partner, someone you trust, see your talents, and believe in your unlimited potential.

MY ACCOUNTABILITY PARTNER IS:

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In the end, it's all about your dedication to your daily practice and your ability to stick to a schedule regardless of what challenges you are facing.

Yes You Can!