

The Power of Consistency

Assalamu alaikum wa rahmatullah.

I'm Sabit Rayhan with you. Welcome to Sabit International. And today I'm going to talk about *consistency*.

Whatever you do in your life, if you are consistent, you're going to get different types of benefits:

- **Consistency builds trust.**

If you are consistent in your actions or words, people start relying on you.

- **Consistency leads to success.**

If you are consistent on something, you take a little action every day and you are continuing that, that will give you a big result very soon. Because consistency is power.

- **Consistency develops discipline.**

If you are scattered in your life, if you are not disciplined in your action and in your strategies or processes, definitely you'll work very hard and you'll get small results. So if you are consistent, you actually build a good disciplined action plan in life. And that will give you a huge and massive result very soon.

- **It forms good habits.**

For example, in the morning you wake up early, you go outside, you take exercise, you do physical activities and you do it regularly. When you consistently do it, it becomes your habit. So decide what habit you want to form and then be consistent on that.

- **Consistency enhances skills.**

Repetition is the mother of all skills. Doing something over and over increases your skill level, and soon you become an expert.

- **Consistency strengthens character.**

If you start something and leave it, people lose trust. But if you consistently follow through, you build strong character and credibility.

- **It improves productivity.**

When you continue doing something daily, you improve, and that leads to better results. That's productivity.

- **Consistency builds confidence.**

Repeating an action, like public speaking, builds internal assurance. Your mind and body start believing in your capabilities.

- **It creates stability.**

Consistency brings a stable state of mind and life. Whether you're in business, job, or sports, stability is key to remaining in the game.

- **Consistency overcomes procrastination.**

When you plan and take consistent actions, you avoid the trap of putting things off.

- **Consistency sends a powerful message.**

It signals to your mind that if you're consistent in one area, you can be in others too.

- **Consistency separates the best from the average.**

To become the best in your field, you need to be consistent. Your decision might change quickly, but your destination takes time. Work consistently to reach it.

See, your decision can be changed in a moment but your destination might take a little time. So when you have decided, that means you have already a new pattern in your mind. To reach there you definitely need to be consistent. Keep going. If you're tired, rest and start again.

So watch the video again from the beginning, take notes and decide: do you want to be average or be the best? If you really want to bring out your best potential, then find your goal, take action, and stay consistent until you get the result.

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Assalamualaikum Warahmatullahi Wabarakatuh.