

**WE ARE WHAT
WE REPEATEDLY
DO.
EXCELLENCE, THEN, IS
NOT AN ACT, BUT A
HABIT.**
~Aristotle

The key to change is consistency. You cannot expect to do something for one day and see your life change. You will start to notice and feel changes within the first week; however, to maintain those changes and to do better, you must continue to do it for 10 days, one month, 6 months, etc. until it becomes a habit.

The question then becomes: Do you have the mental focus, endurance, determination and persistence to keep doing something until you not only see positive change but until you achieve the change you desire? Making a lifestyle change has a lot to do with blind faith - believing in what you are doing and having the passion that will fuel your determination to keep doing it until you achieve success.

In the process of doing, it is also necessary to continuously observe, analyze and critique yourself so you can identify what works and what doesn't so you can make minor adjustments along the way. In doing so, you will continuously see progress and achieve your goals.