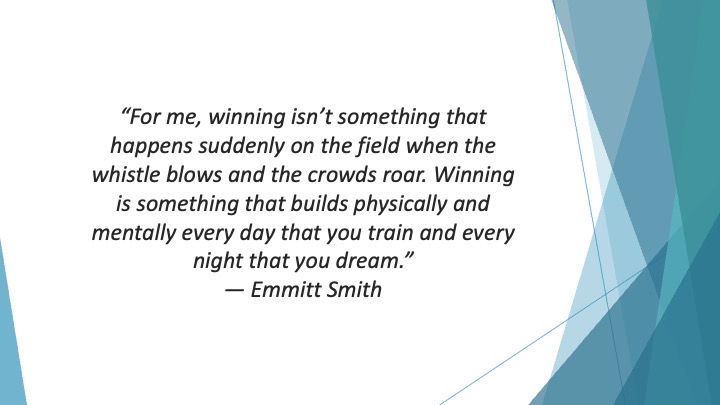
**Chapter 4: Ways to Implement the 1% Rule**

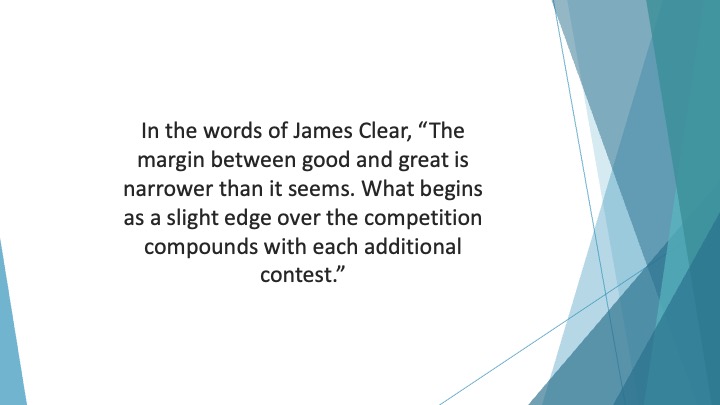
****

**S1** : In this video, we’ll discover about “Ways to Implement the 1% Rule”

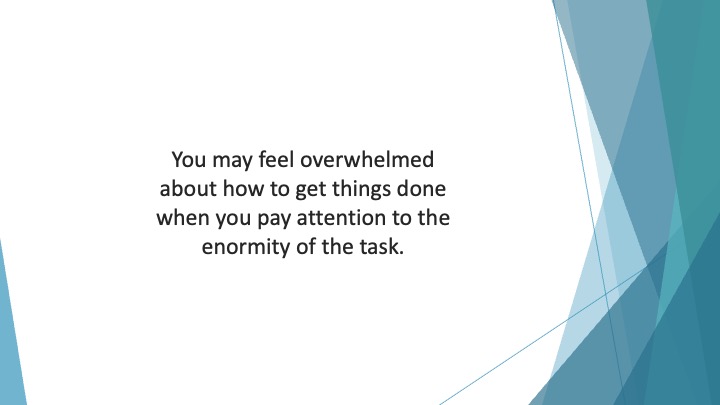


**S2 :** “For me, winning isn’t something that happens suddenly on the field when the whistle blows and the crowds roar. Winning is something that builds physically and mentally every day that you train and every night that you dream.”

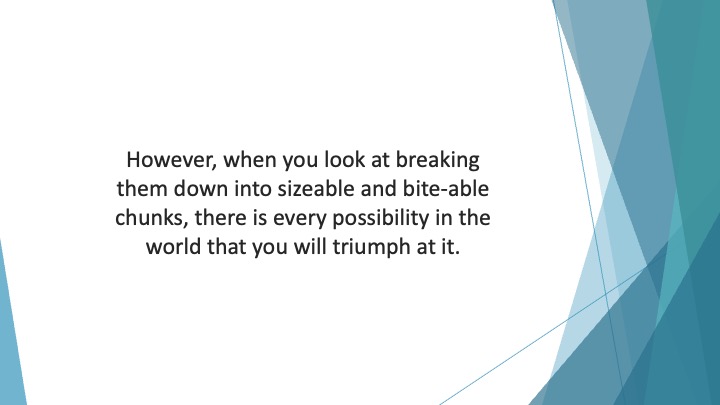
― Emmitt Smith



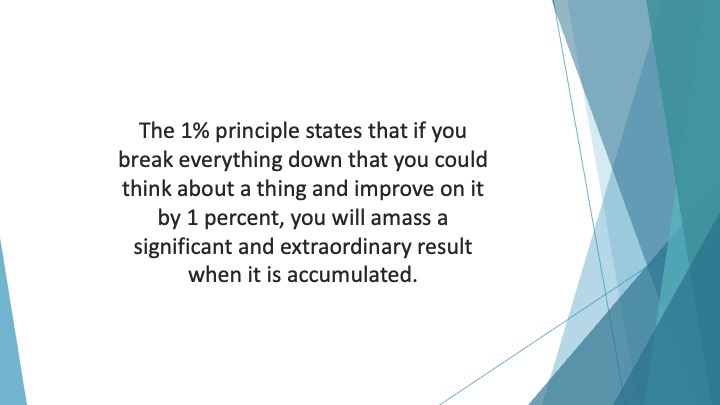
**S3** : In the words of James Clear, “The margin between good and great is narrower than it seems. What begins as a slight edge over the competition compounds with each additional contest.” If paid attention to clearly, you can easily see how good and great differ even when the edge is slightly unnoticeable.



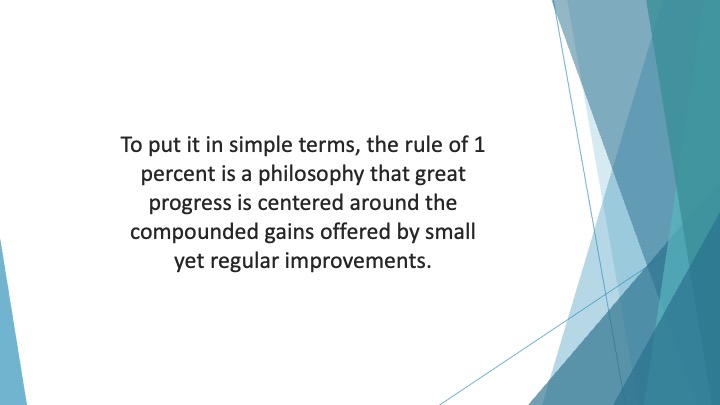
**S4** : You may feel overwhelmed about how to get things done when you pay attention to the enormity of the task.



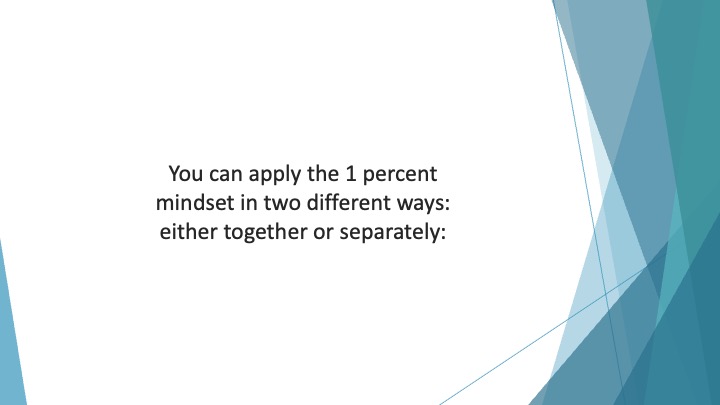
**S5 :** However, when you look at breaking them down into sizeable and bite-able chunks, there is every possibility in the world that you will triumph at it.



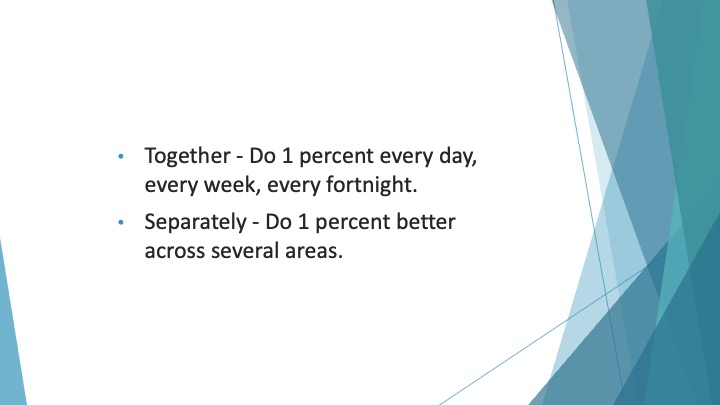
**S6 :** Just by persistently and consistently being 1% better at the things that you do every single day over a month, a year, or even a decade, you can make some mighty impressive changes. The 1% principle states that if you break everything down that you could think about a thing and improve on it by 1 percent, you will amass a significant and extraordinary result when it is accumulated.



**S7 :** To put it in simple terms, the rule of 1 percent is a philosophy that great progress is centered around the compounded gains offered by small yet regular improvements. It is not about overnight successes or quick fixes. Instead, it offers a realistic and approachable route to achieve big things.

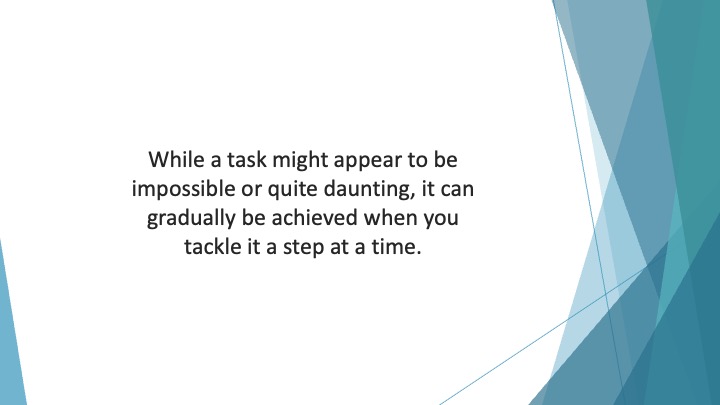


**S8 :** With consistency and persistence as the key ingredients for this, you can achieve anything. You can apply the 1 percent mindset in two different ways: either together or separately:

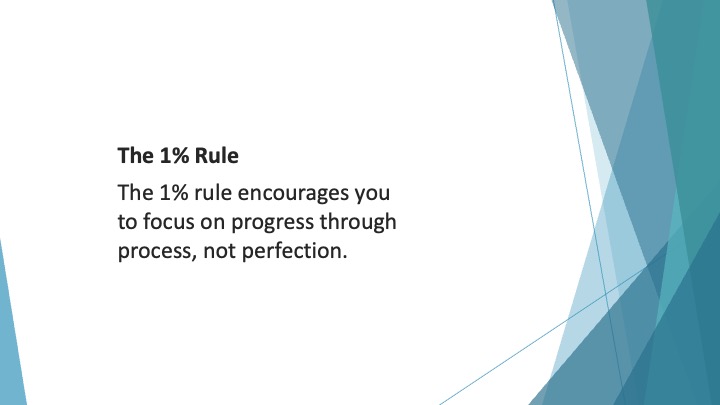


**S9 :** • Together - Do 1 percent every day, every week, every fortnight.

• Separately - Do 1 percent better across several areas.

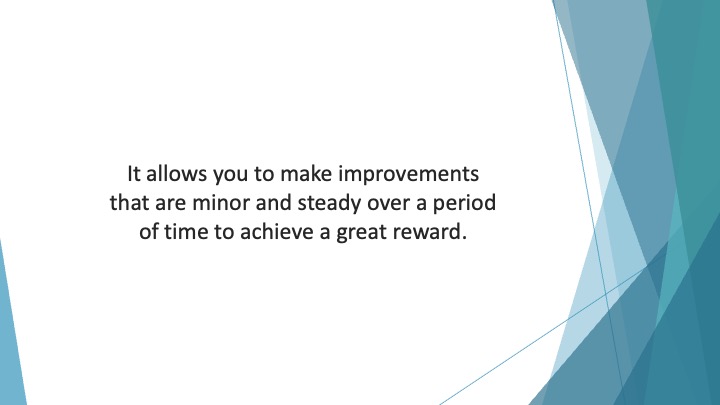


**S10 :** While a task might appear to be impossible or quite daunting, it can gradually be achieved when you tackle it a step at a time.

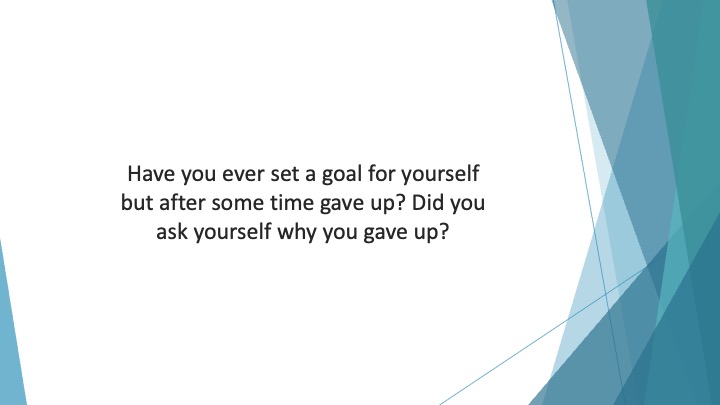
****

**S11 :** The 1% Rule

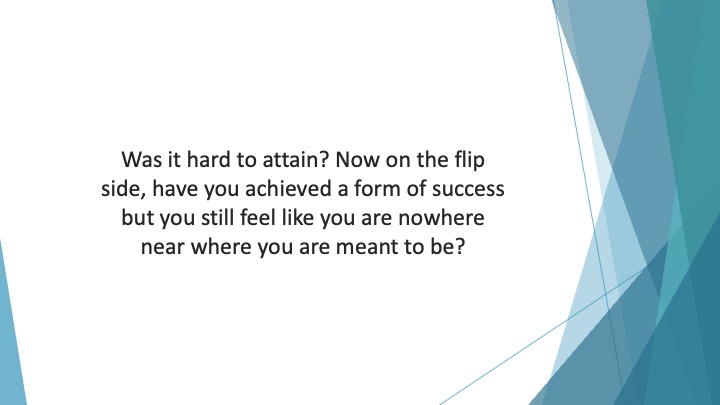
The 1% rule encourages you to focus on progress through process, not perfection. This tells you to think small to achieve big goals.



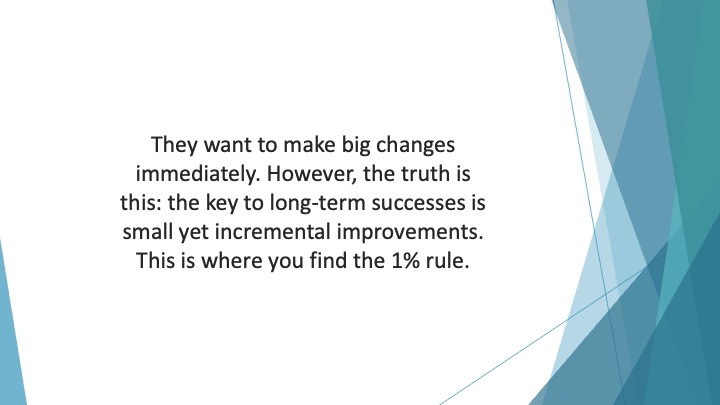
**S12 :** It allows you to make improvements that are minor and steady over a period of time to achieve a great reward.



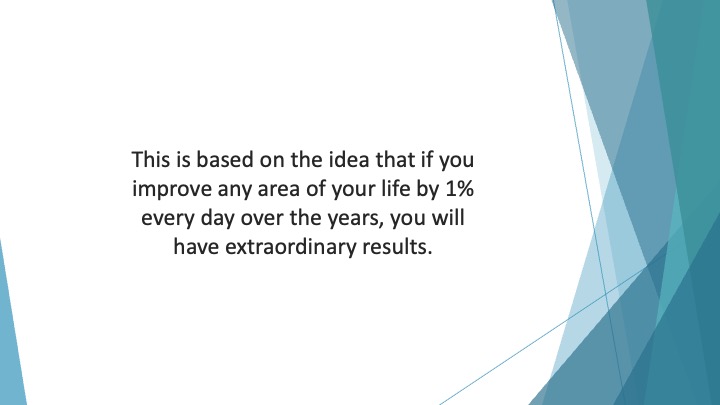
**S13 :** Have you ever set a goal for yourself but after some time gave up? Did you ask yourself why you gave up? Was it because you were tired? Was the goal too difficult?



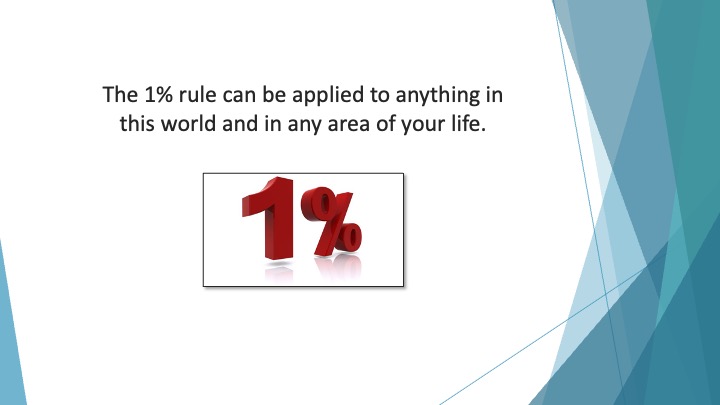
**S14 :** Was it hard to attain? Now on the flip side, have you achieved a form of success but you still feel like you are nowhere near where you are meant to be? If either or both describe you, then you are not alone.



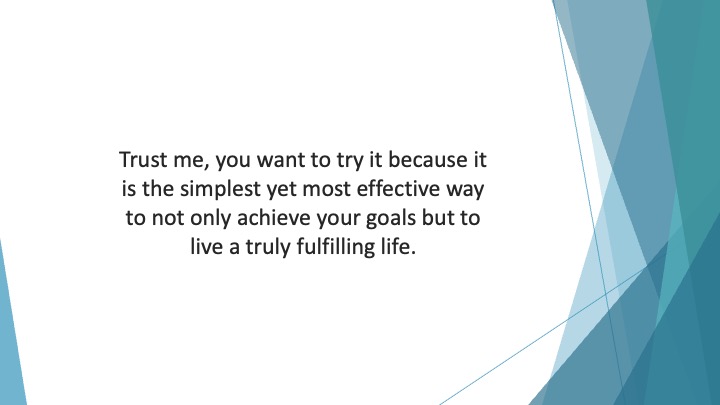
**S15 :** Several people struggle to truly achieve their goals, and this is because they have concentrated and focused on making drastic changes as soon as possible. They want to make big changes immediately. However, the truth is this: the key to long-term successes is small yet incremental improvements. This is where you find the 1% rule.



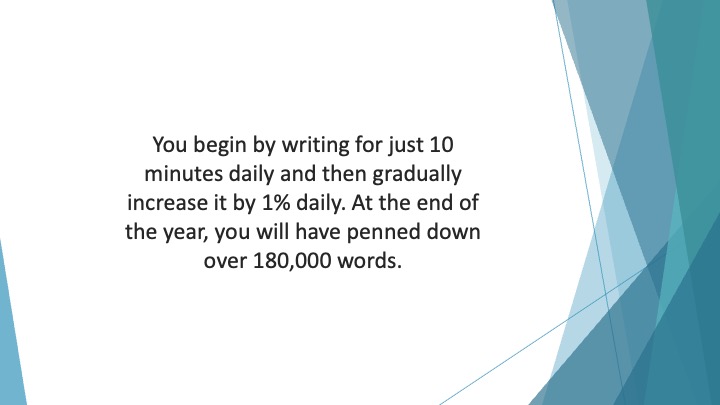
**S16 :** It is important to note that the 1% rule is a tiny and powerful strategy that helps you achieve any of your goals. This is based on the idea that if you improve any area of your life by 1% every day over the years, you will have extraordinary results.



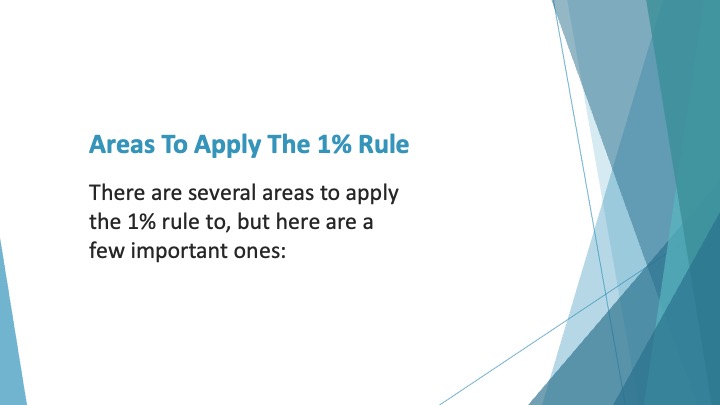
**S17 :** The 1% rule can be applied to anything in this world and in any area of your life. From your relationships and career to your fitness and health.



**S18 :** Trust me, you want to try it because it is the simplest yet most effective way to not only achieve your goals but to live a truly fulfilling life.

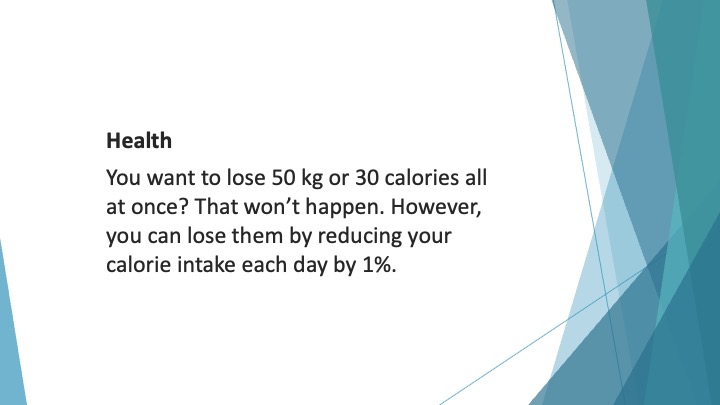


**S19 :** For example, you want to start writing a book. You begin by writing for just 10 minutes daily and then gradually increase it by 1% daily. At the end of the year, you will have penned down over 180,000 words. That’s a remarkable feat.



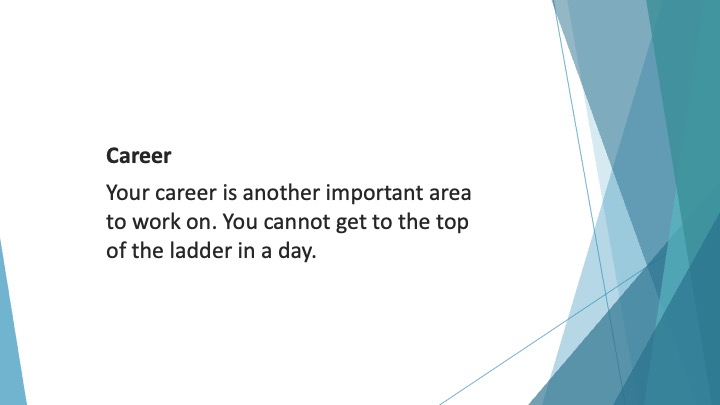
**S20 :**  Areas To Apply The 1% Rule

There are several areas to apply the 1% rule to, but here are a few important ones:

****

**S21 :** Health

You want to lose 50 kg or 30 calories all at once? That won’t happen. However, you can lose them by reducing your calorie intake each day by 1%. You can do workouts at a gym for 20 minutes each day or you can walk around your neighborhood for 10 minutes each day, and this will gradually increase the intensity of your weight loss plan.

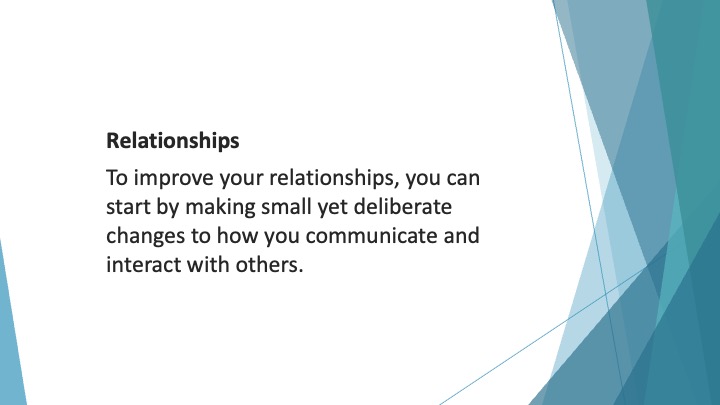


**S22 :** Career

Your career is another important area to work on. You cannot get to the top of the ladder in a day. It takes consistent effort.



**S23 :** Start by learning new skills, exploring new wells of knowledge. Start volunteering for new opportunities and networking with those in your field. Over the years, the buildup will see you at the very top.

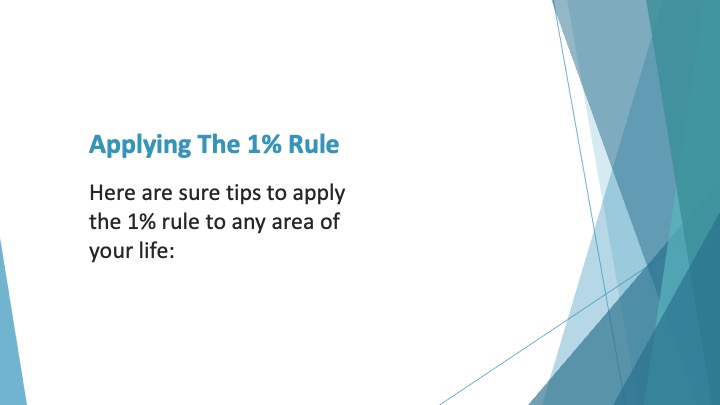
****

**S24 :** Relationships

To improve your relationships, you can start by making small yet deliberate changes to how you communicate and interact with others. Start making those conscious efforts to be more mindful and present to those around you. Spend more time with those that you love.

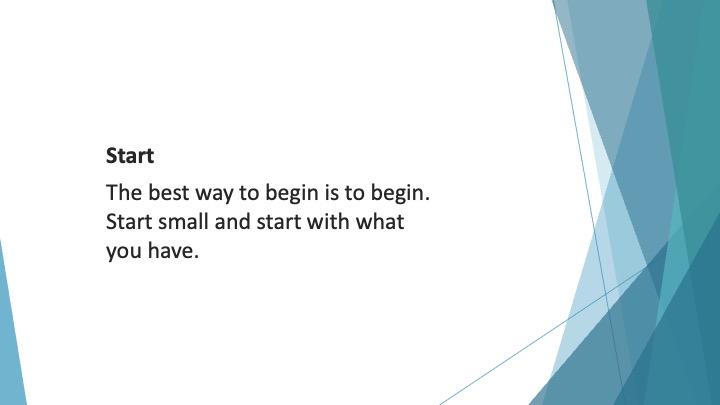
****

**S25 :** Express more gratitude and appreciation to others.

****

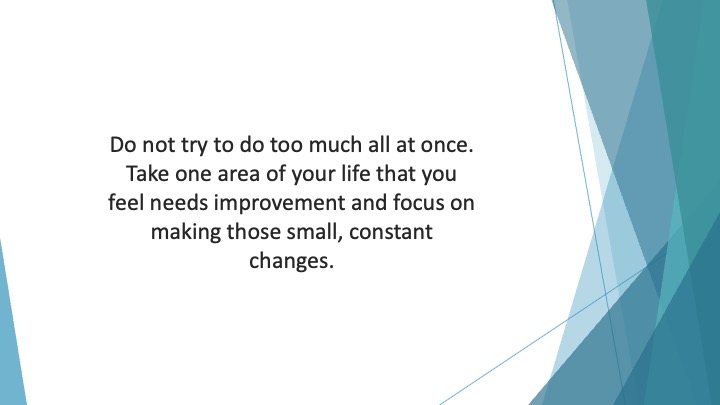
**S26 :** Applying The 1% Rule

Here are sure tips to apply the 1% rule to any area of your life:

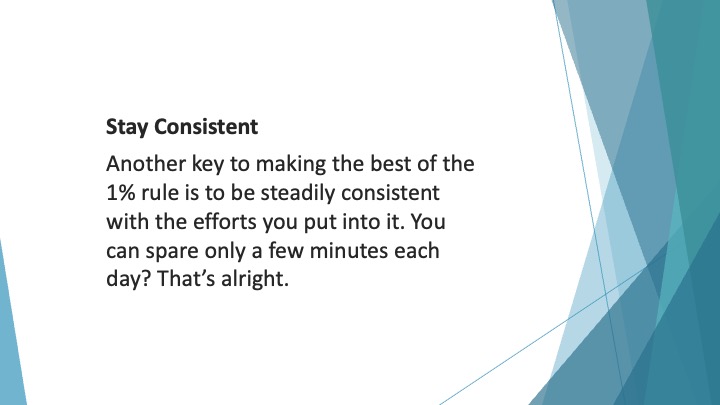
****

**S27 :** Start

The best way to begin is to begin. Start small and start with what you have. Do not try to transform the whole thing all at once.

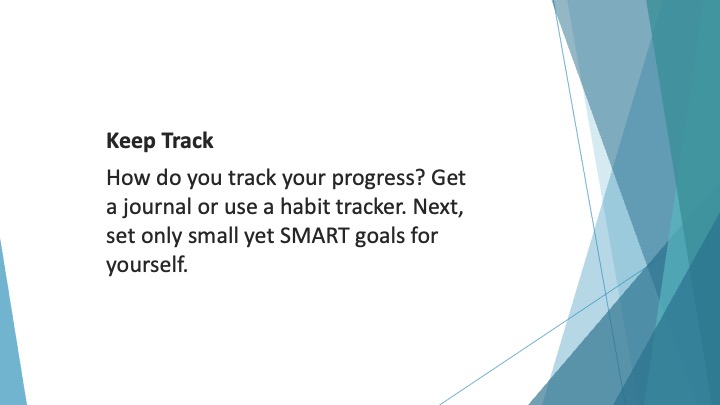
****

**S28 :** Do not try to do too much all at once. Take one area of your life that you feel needs improvement and focus on making those small, constant changes.

****

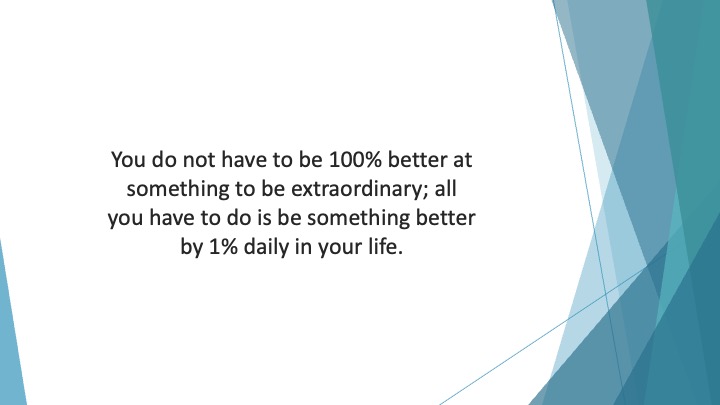
**S29 :** Stay Consistent

Another key to making the best of the 1% rule is to be steadily consistent with the efforts you put into it. You can spare only a few minutes each day? That’s alright. Stick to it and maintain focus, and you will see the evident changes.

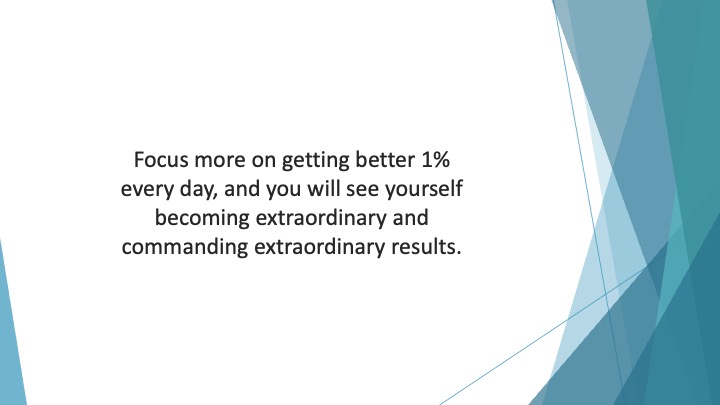
****

**S30 :** Keep Track

How do you track your progress? Get a journal or use a habit tracker. Next, set only small yet SMART goals for yourself. Tracking your progress helps you to see how far you have come and helps you stay committed and motivated.

****

**S31 :** You do not have to be 100% better at something to be extraordinary; all you have to do is be something better by 1% daily in your life. The most important thing is to remember that even small drops of water over a great period of time will make a mighty ocean.

****

**S32 :** Focus more on getting better 1% every day, and you will see yourself becoming extraordinary and commanding extraordinary results.