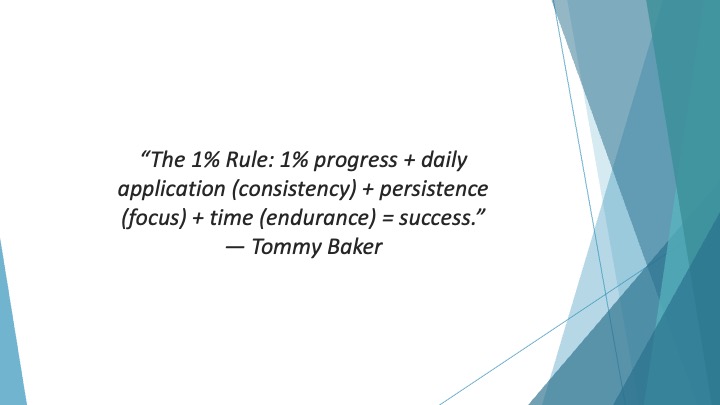
**Introduction**

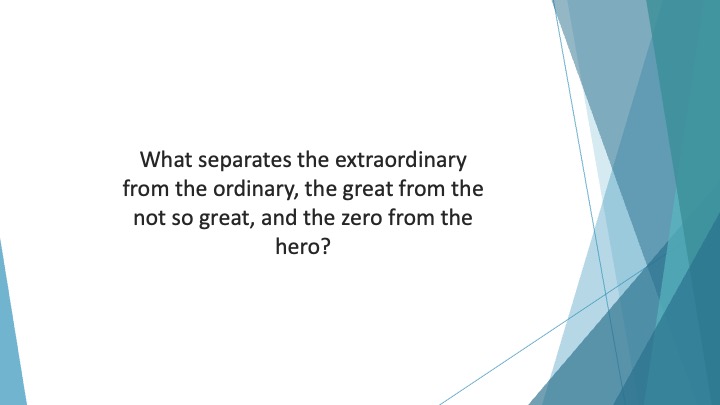
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**S1** : Pause for 2 seconds

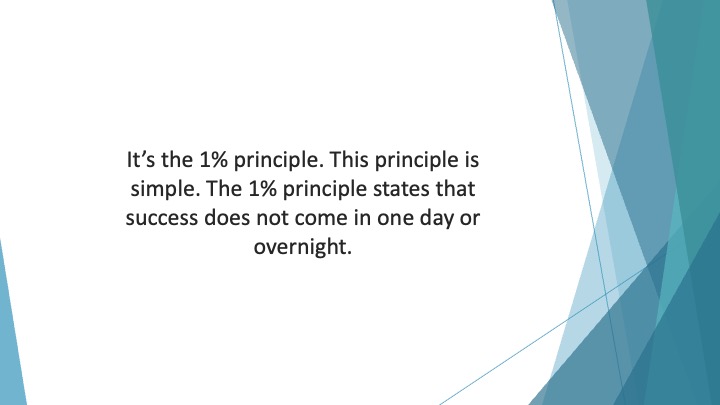


**S2 :** “The 1% Rule: 1% progress + daily application (consistency) + persistence (focus) + time (endurance) = success.”

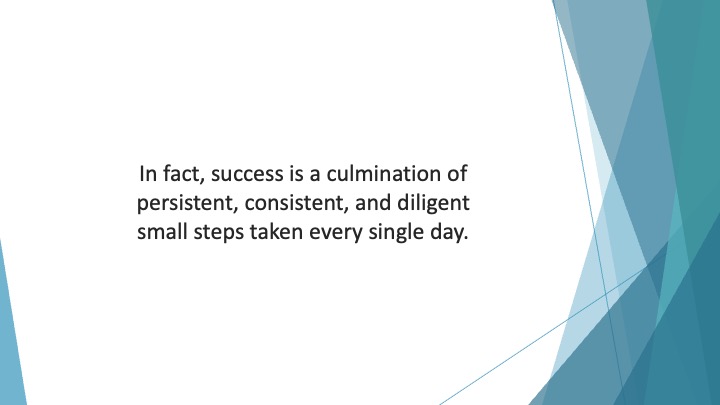
― Tommy Baker



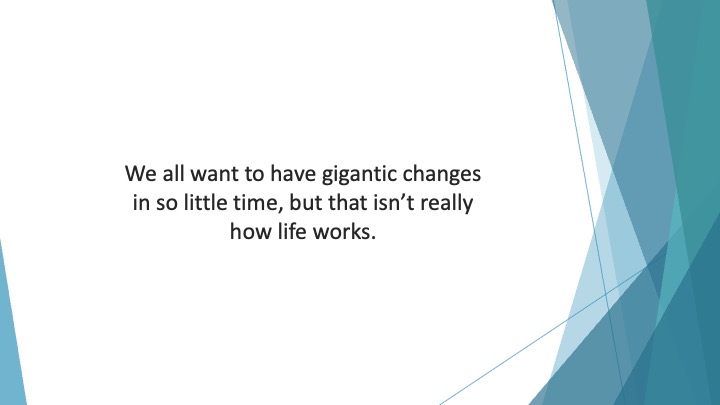
**S3** : What separates the extraordinary from the ordinary, the great from the not so great, and the zero from the hero?



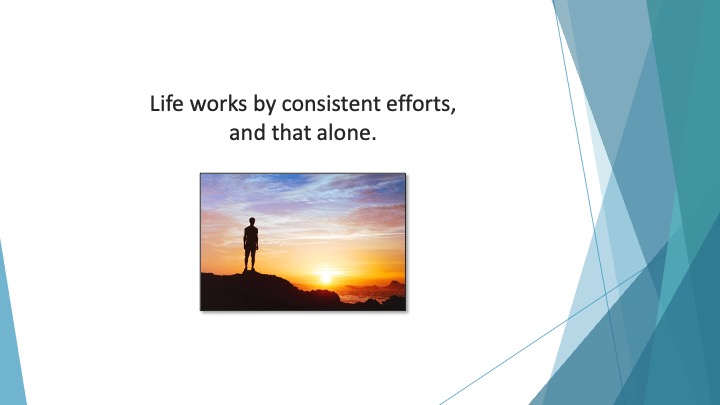
**S4** : It’s the 1% principle. This principle is simple. The 1% principle states that success does not come in one day or overnight.



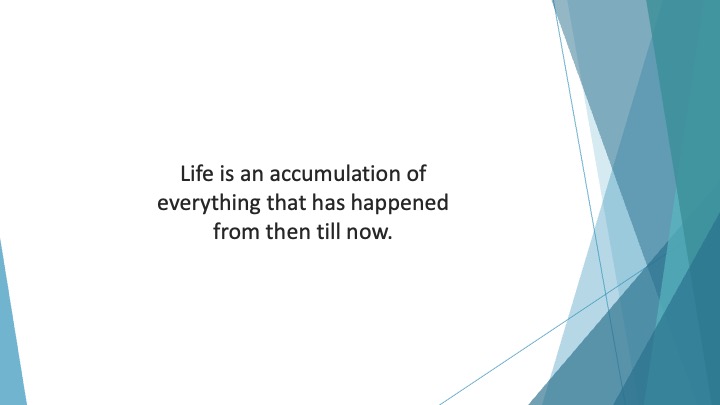
**S5 :** In fact, success is a culmination of persistent, consistent, and diligent small steps taken every single day.



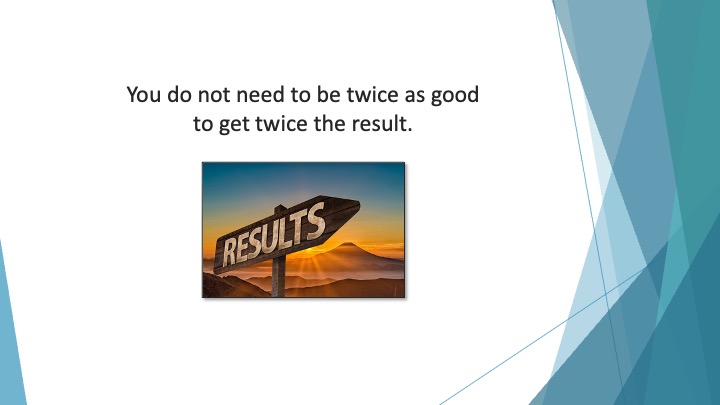
**S6 :** We all want to have gigantic changes in so little time, but that isn’t really how life works.



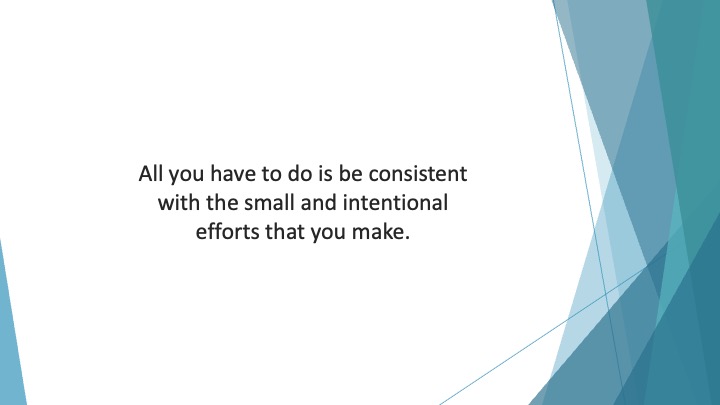
**S7 :** Life works by consistent efforts, and that alone.



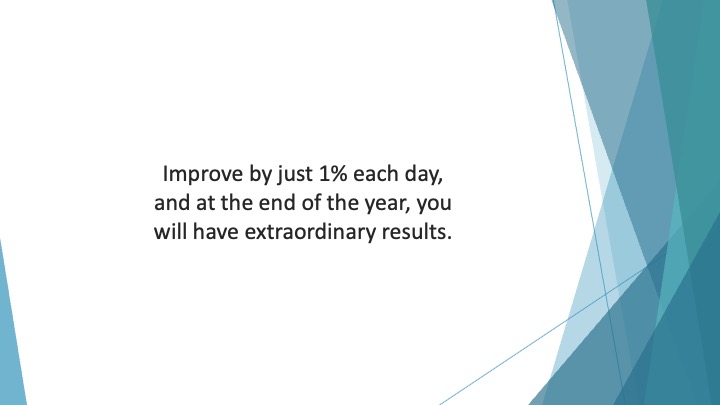
**S8 :** Life is an accumulation of everything that has happened from then till now.



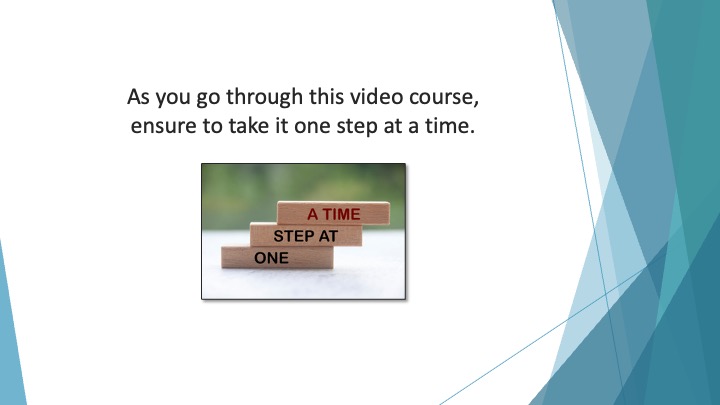
**S9 :** You do not need to be twice as good to get twice the result.



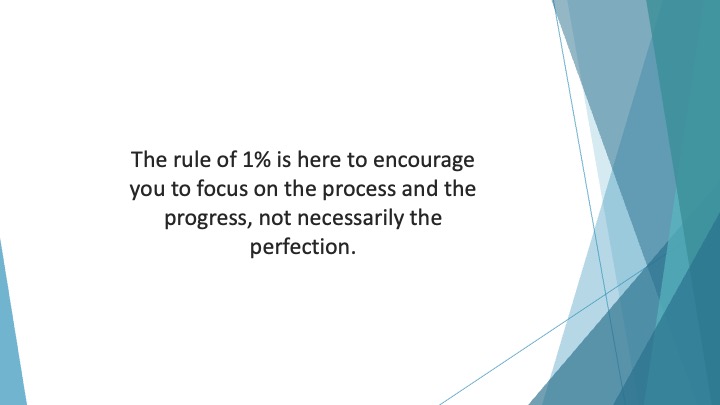
**S10 :** All you have to do is be consistent with the small and intentional efforts that you make.



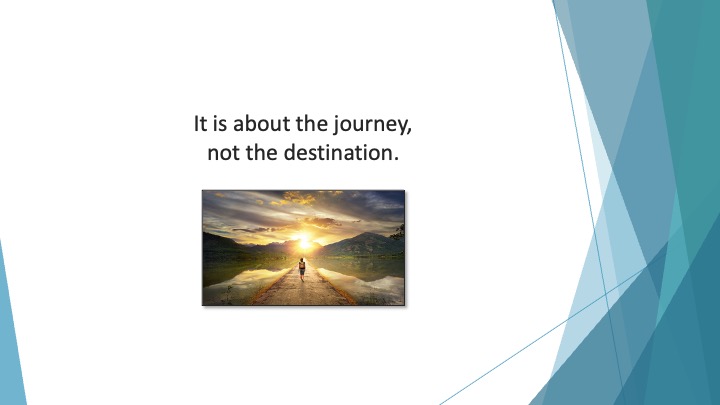
**S11 :** Improve by just 1% each day, and at the end of the year, you will have extraordinary results.



**S12 :** As you go through this video course, ensure to take it one step at a time.



**S13 :** The rule of 1% is here to encourage you to focus on the process and the progress, not necessarily the perfection.



**S14 :** It is about the journey, not the destination.