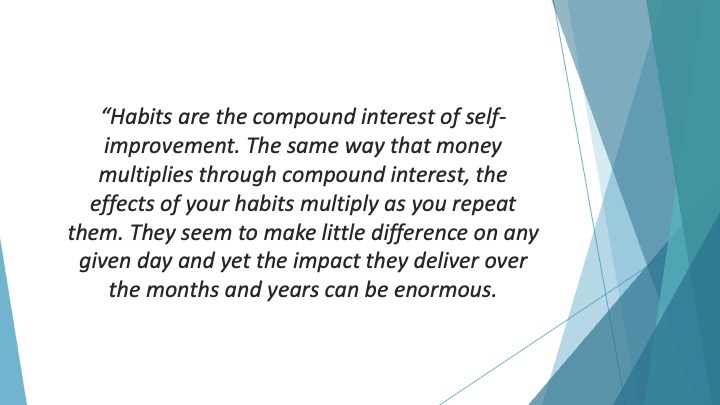
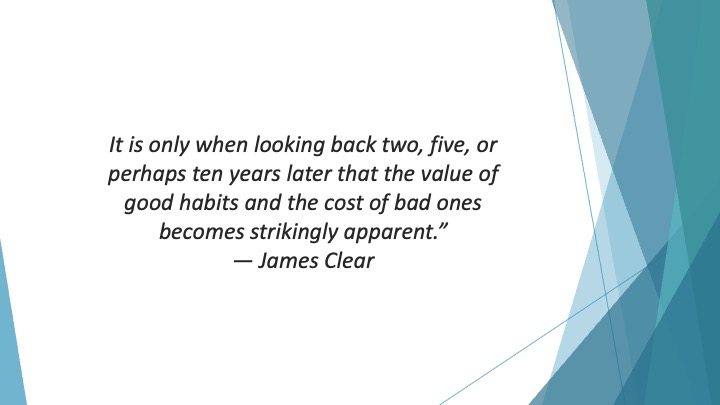
**Conclusion**

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**S1** : Pause for 2 seconds

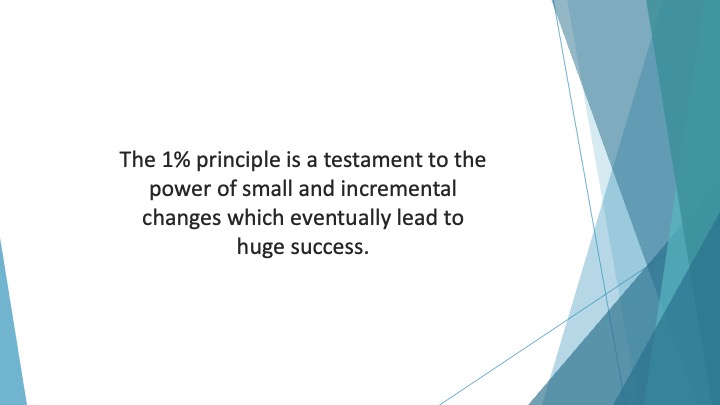


**S2 :** “Habits are the compound interest of self-improvement. The same way that money multiplies through compound interest, the effects of your habits multiply as you repeat them. They seem to make little difference on any given day and yet the impact they deliver over the months and years can be enormous.

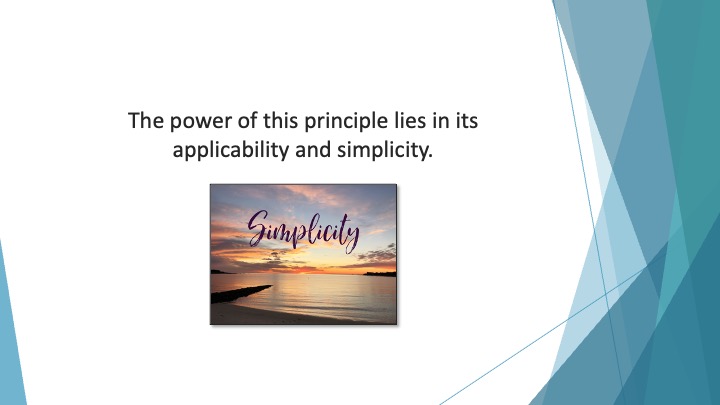


**S3** : It is only when looking back two, five, or perhaps ten years later that the value of good habits and the cost of bad ones becomes strikingly apparent.”

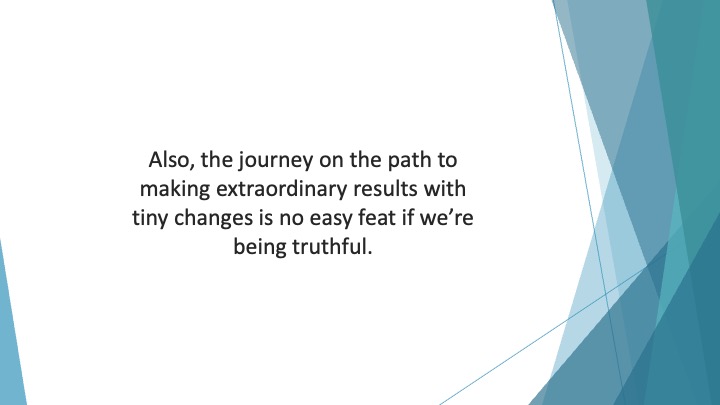
— James Clear



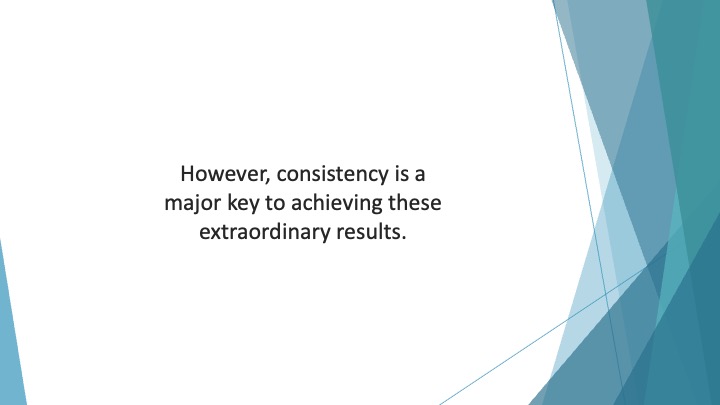
**S4** : The 1% principle is a testament to the power of small and incremental changes which eventually lead to huge success.



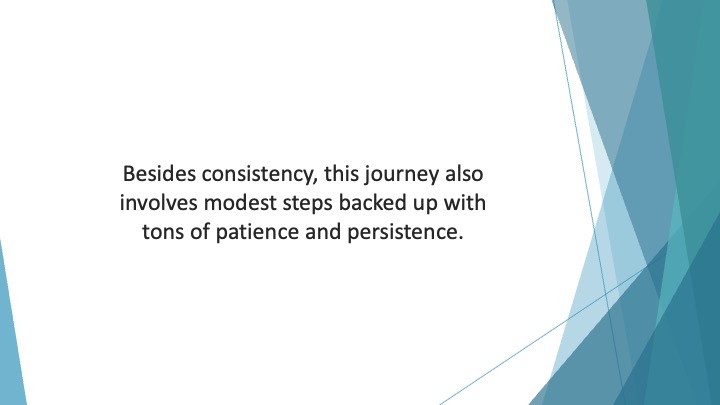
**S5 :** The power of this principle lies in its applicability and simplicity.



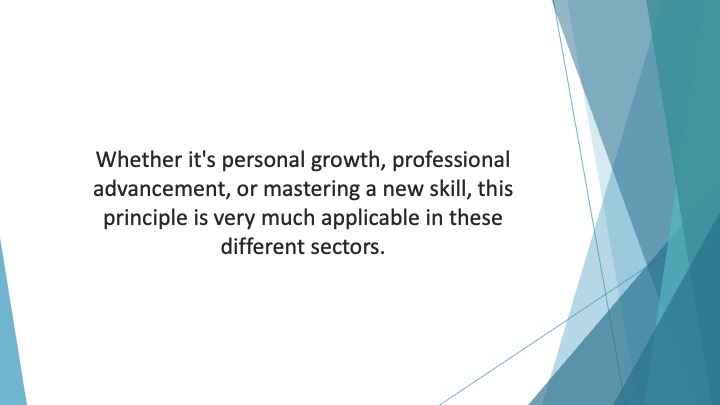
**S6 :** Also, the journey on the path to making extraordinary results with tiny changes is no easy feat if we’re being truthful.



**S7 :** However, consistency is a major key to achieving these extraordinary results.



**S8 :** Besides consistency, this journey also involves modest steps backed up with tons of patience and persistence.



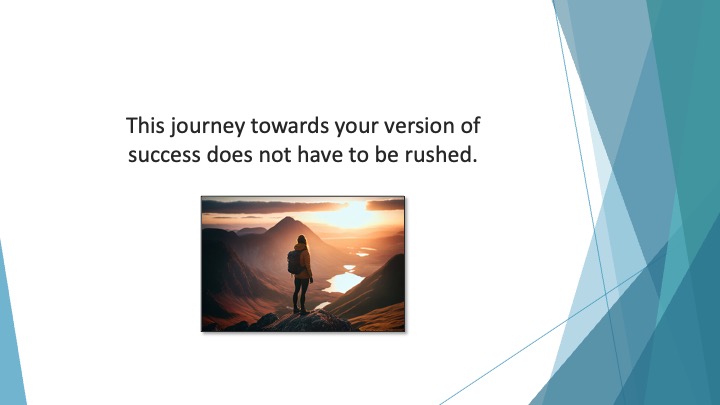
**S9 :** Whether it's personal growth, professional advancement, or mastering a new skill, this principle is very much applicable in these different sectors.



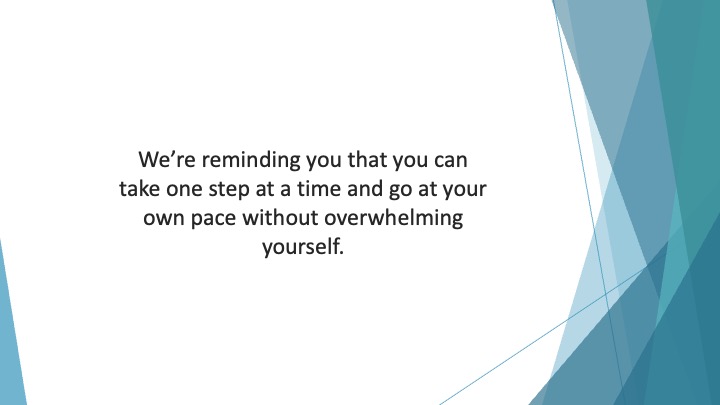
**S10 :** Also, using the 1% improvements aggregate over time to deliver more remarkable results than you have ever experienced.



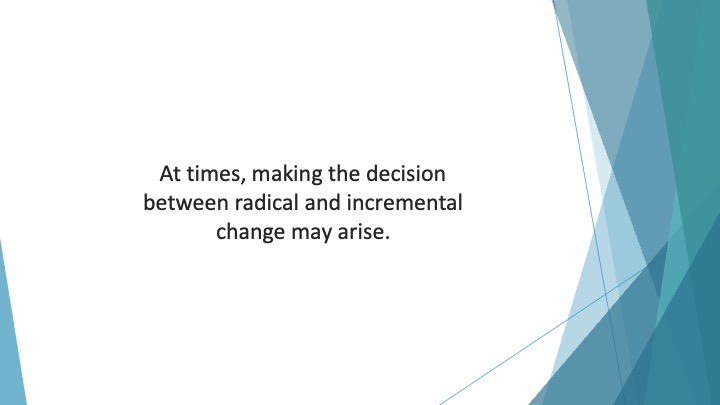
**S11 :** So this video course is an invitation to embrace this simple yet transformative strategy — seeking that daily 1% improvement.



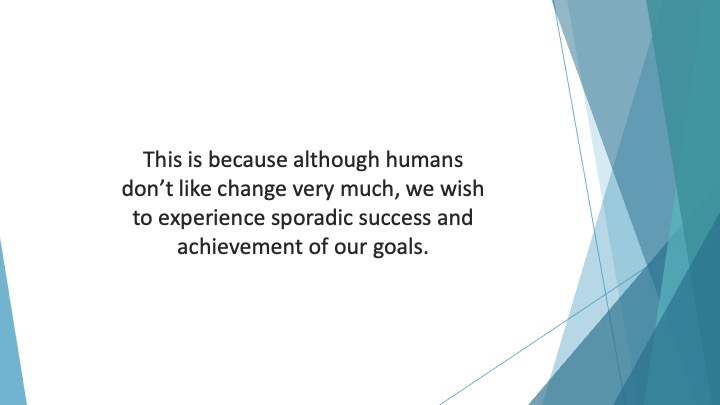
**S12 :** This journey towards your version of success does not have to be rushed.



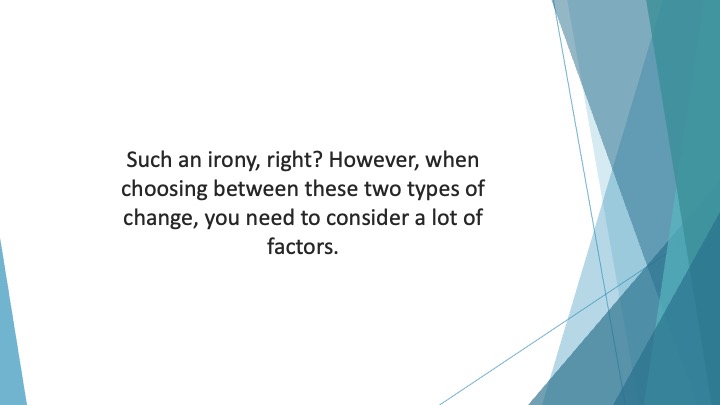
**S13 :** We’re reminding you that you can take one step at a time and go at your own pace without overwhelming yourself.



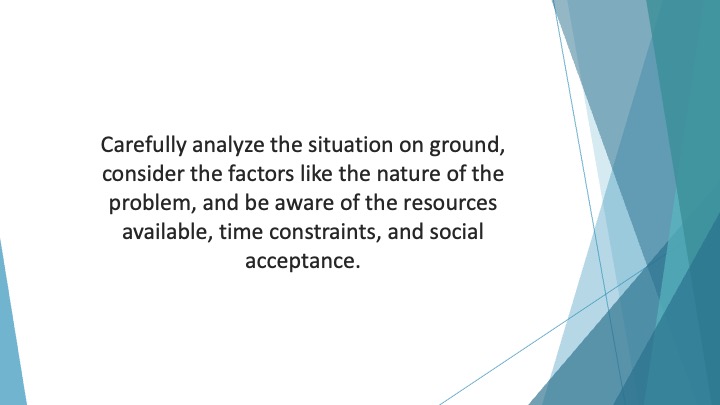
**S14 :** At times, making the decision between radical and incremental change may arise.



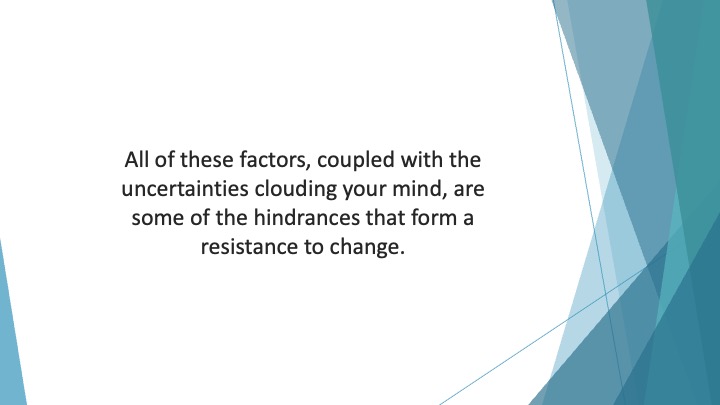
**S15 :** This is because although humans don’t like change very much, we wish to experience sporadic success and achievement of our goals.



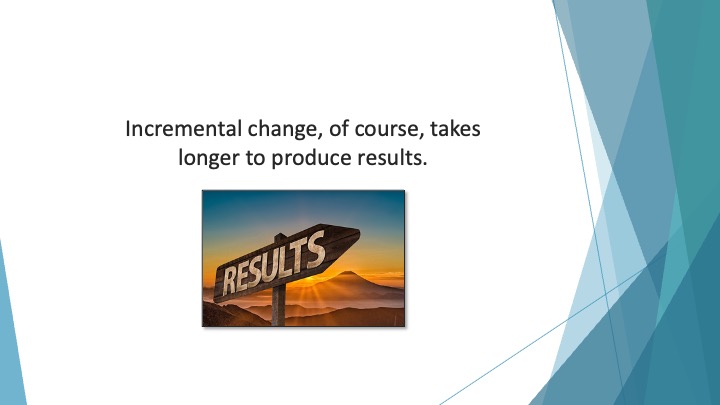
**S16 :** Such an irony, right? However, when choosing between these two types of change, you need to consider a lot of factors.



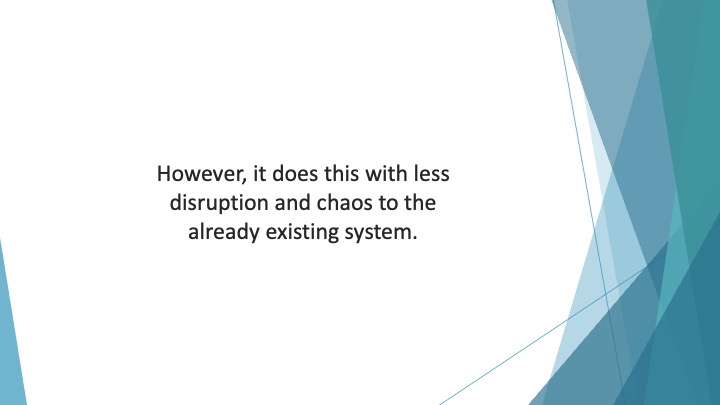
**S17 :** Carefully analyze the situation on ground, consider the factors like the nature of the problem, and be aware of the resources available, time constraints, and social acceptance.



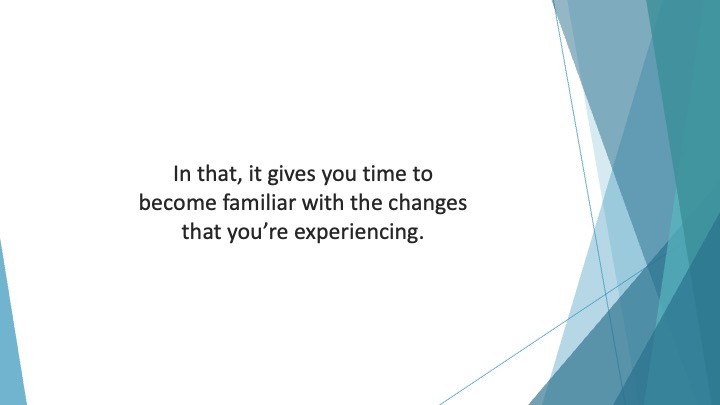
**S18 :** All of these factors, coupled with the uncertainties clouding your mind, are some of the hindrances that form a resistance to change.



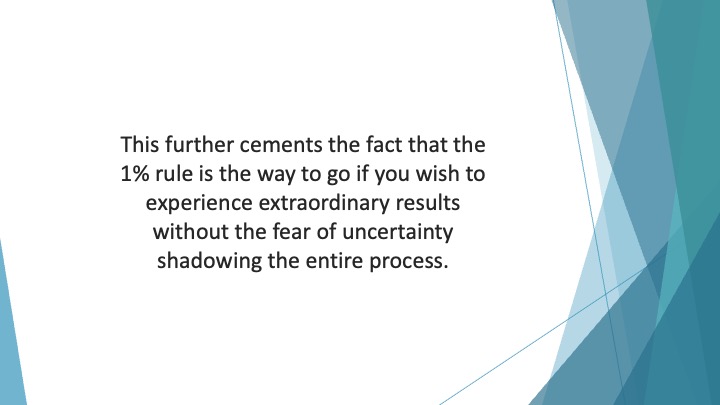
**S19 :** Incremental change, of course, takes longer to produce results.



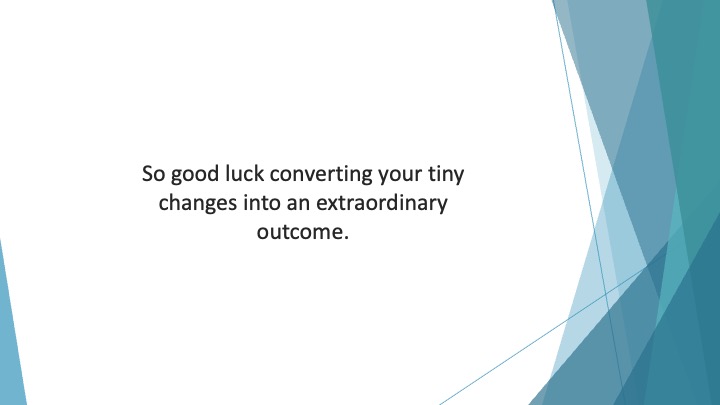
**S20 :** However, it does this with less disruption and chaos to the already existing system.



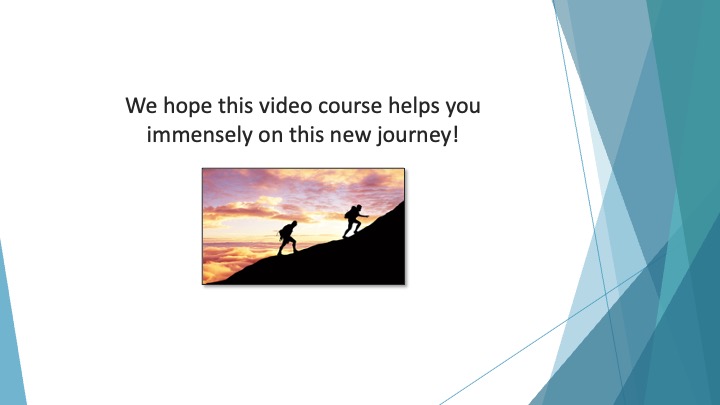
**S21 :** In that, it gives you time to become familiar with the changes that you’re experiencing.



**S22 :** This further cements the fact that the 1% rule is the way to go if you wish to experience extraordinary results without the fear of uncertainty shadowing the entire process.



**S23 :** So good luck converting your tiny changes into an extraordinary outcome.



**S24 :** We hope this video course helps you immensely on this new journey!