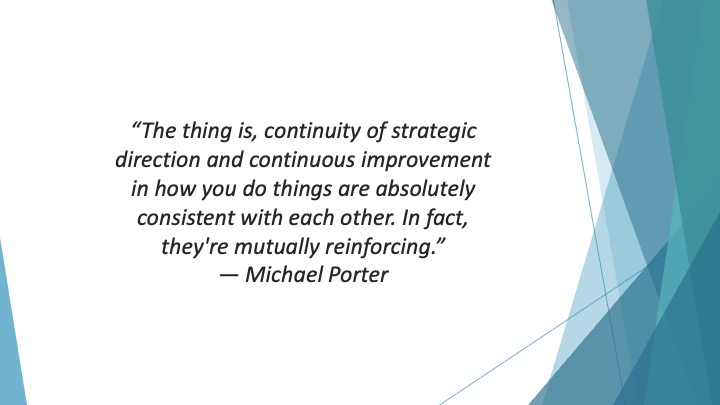
**Chapter 6: The Power of Continuity in the Digital Age**

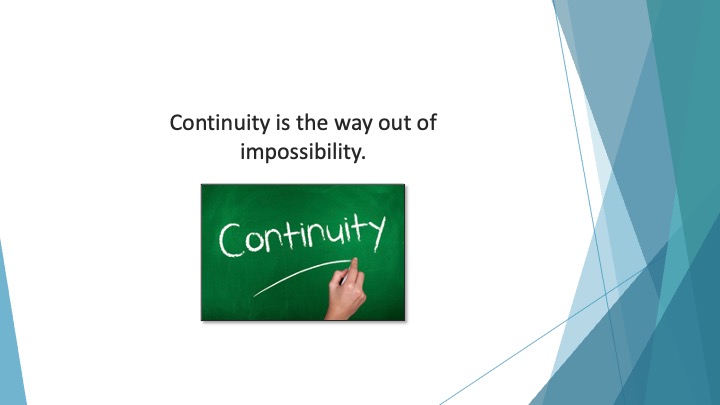
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**S1** : In this video, we’ll talk about “The Power of Continuity in the Digital Age”

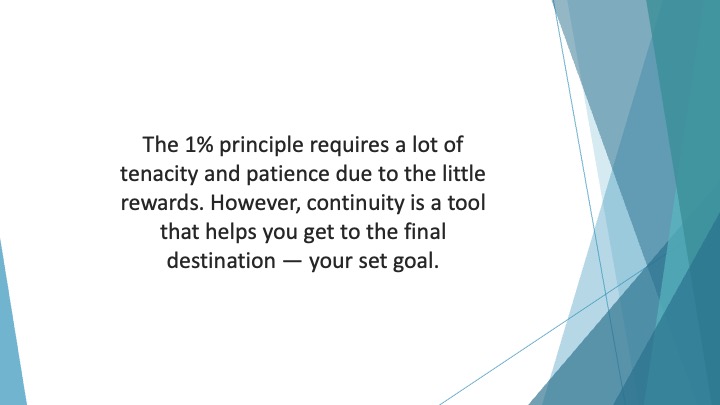


**S2 :** “The thing is, continuity of strategic direction and continuous improvement in how you do things are absolutely consistent with each other. In fact, they're mutually reinforcing.”

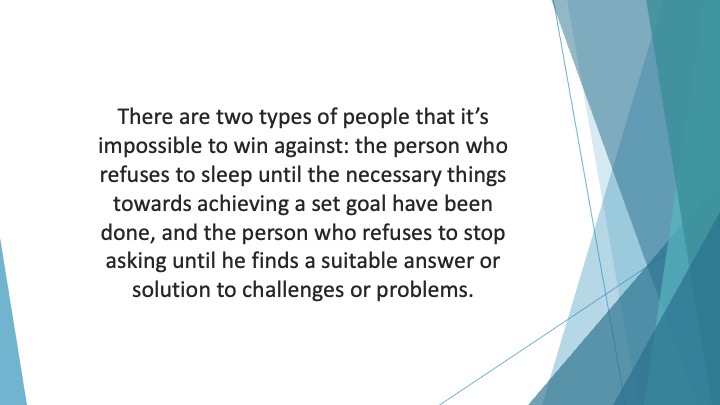
— Michael Porter



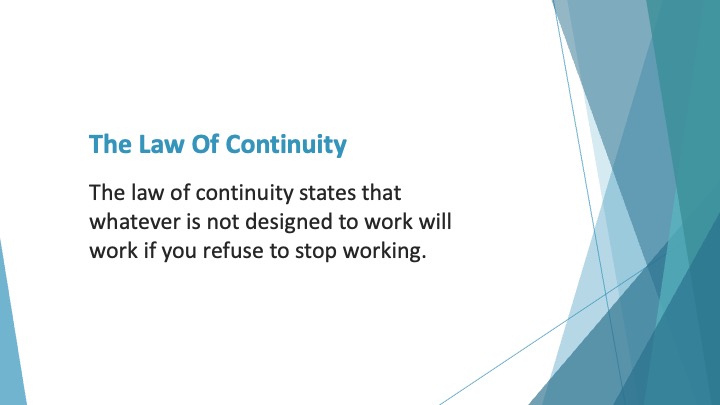
**S3** : Continuity is the way out of impossibility. The moment you refuse to give up, regardless of the challenges and hurdles, nothing will be impossible.



**S4** : The 1% principle requires a lot of tenacity and patience due to the little rewards. However, continuity is a tool that helps you get to the final destination — your set goal.

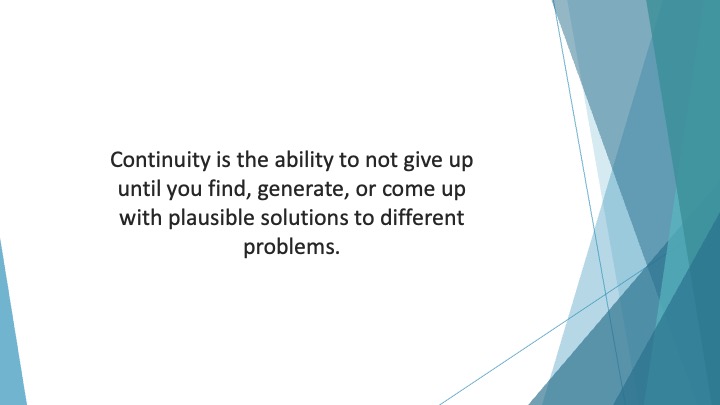


**S5 :** There are two types of people that it’s impossible to win against: the person who refuses to sleep until the necessary things towards achieving a set goal have been done, and the person who refuses to stop asking until he finds a suitable answer or solution to challenges or problems. These people perfectly illustrate the concept of continuity.

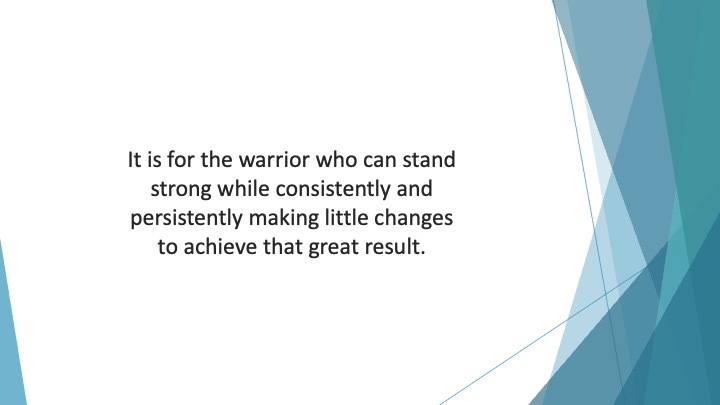


**S6 :** The Law of Continuity

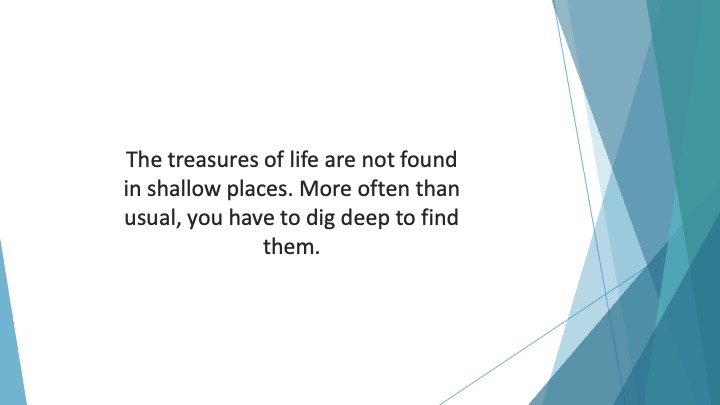
The law of continuity states that whatever is not designed to work will work if you refuse to stop working. This law summarizes the entire concept of continuity.



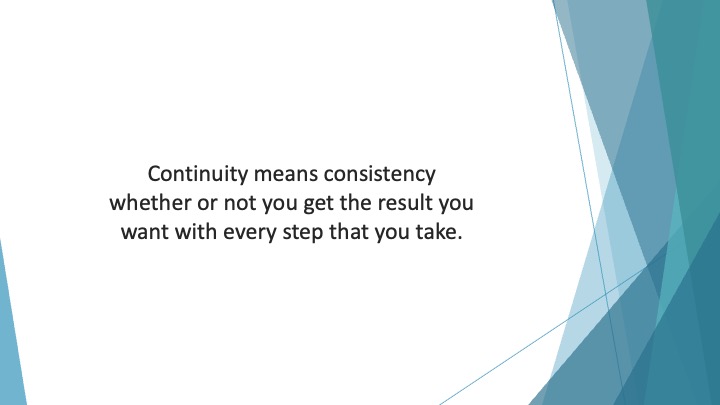
**S7 :** Continuity is the ability to not give up until you find, generate, or come up with plausible solutions to different problems. Life is not for the weak-hearted.



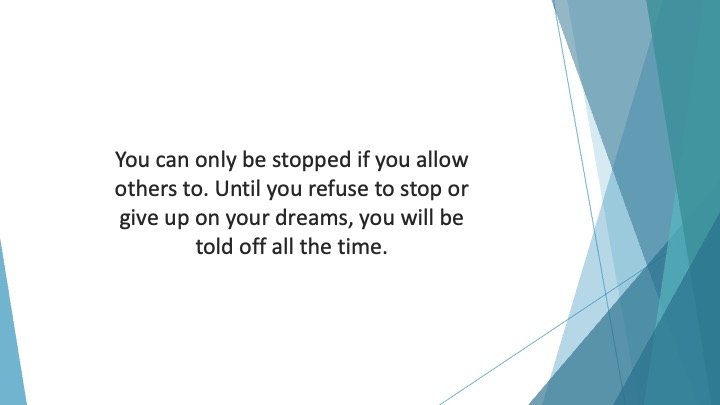
**S8 :** It is for the warrior who can stand strong while consistently and persistently making little changes to achieve that great result.



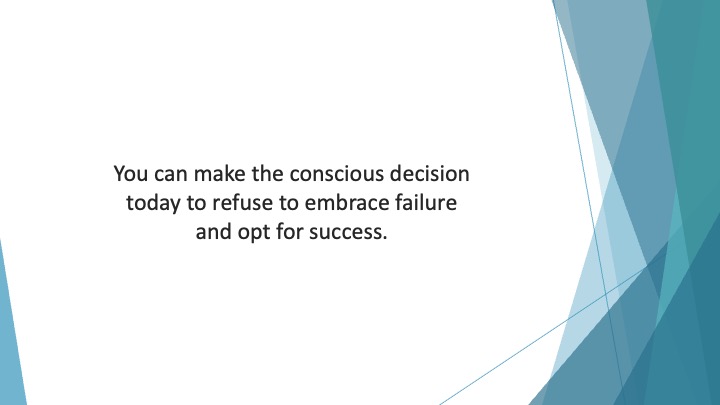
**S9 :** The treasures of life are not found in shallow places. More often than usual, you have to dig deep to find them. So stop looking for the easy way out in every situation.



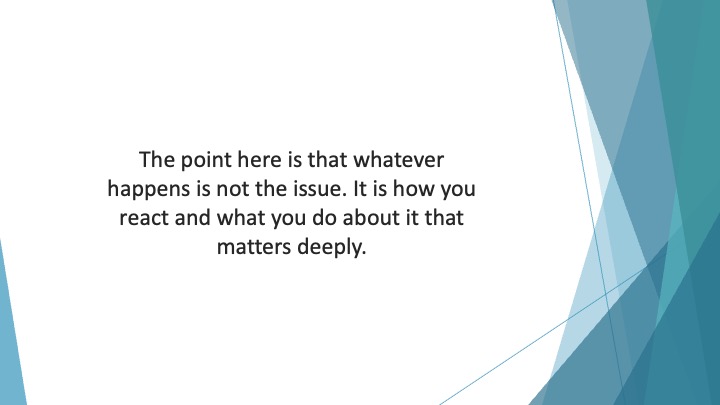
**S10 :** Continuity means consistency whether or not you get the result you want with every step that you take.

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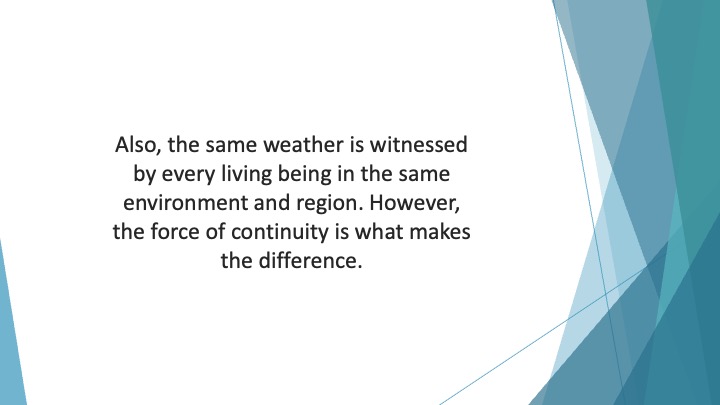
**S11 :** You can only be stopped if you allow others to. Until you refuse to stop or give up on your dreams, you will be told off all the time. Always see the light at the end of the tunnel, even when it seems so dim that you can see nothing, not even shadows.



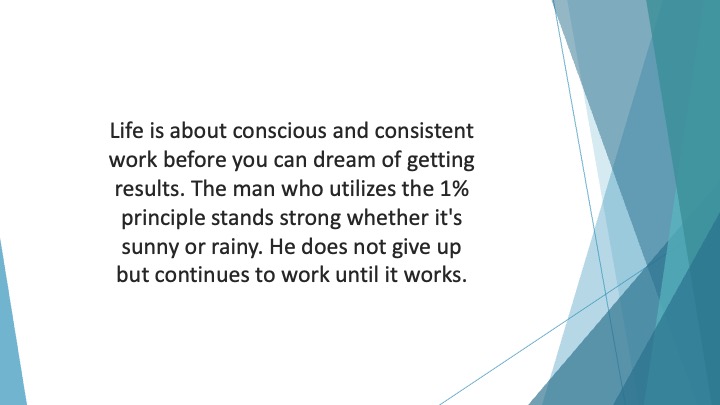
**S12 :** You can make the conscious decision today to refuse to embrace failure and opt for success. In the same way, you can refuse to see loneliness and create a new environment of love.



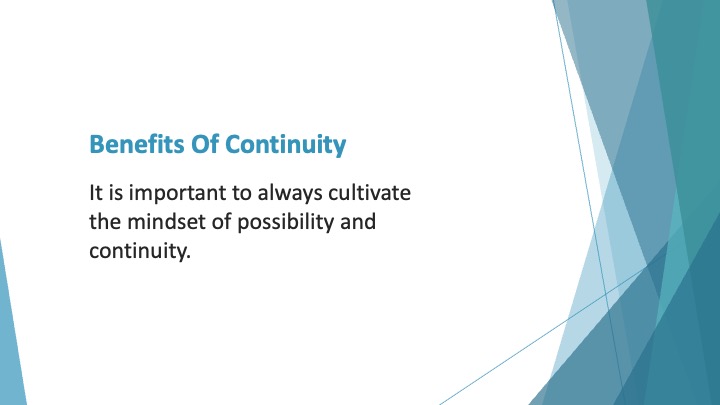
**S13 :** The point here is that whatever happens is not the issue. It is how you react and what you do about it that matters deeply.



**S14 :** The same rain falls on the rich and the poor. Also, the same weather is witnessed by every living being in the same environment and region. However, the force of continuity is what makes the difference. In that, it helps some maximize the benefits and others embrace the negative.

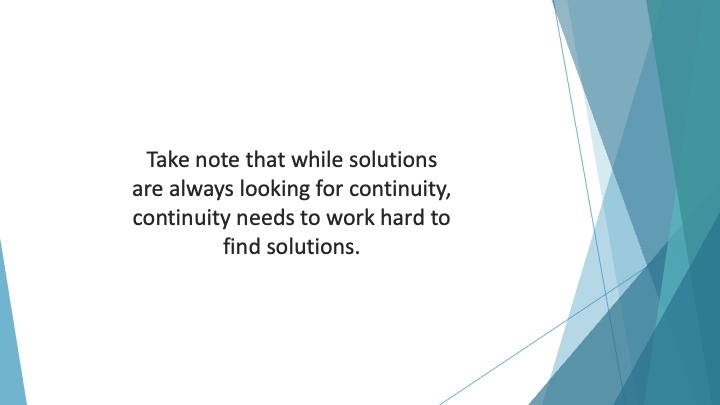


**S15 :** Life is about conscious and consistent work before you can dream of getting results. The man who utilizes the 1% principle stands strong whether it's sunny or rainy. He does not give up but continues to work until it works.

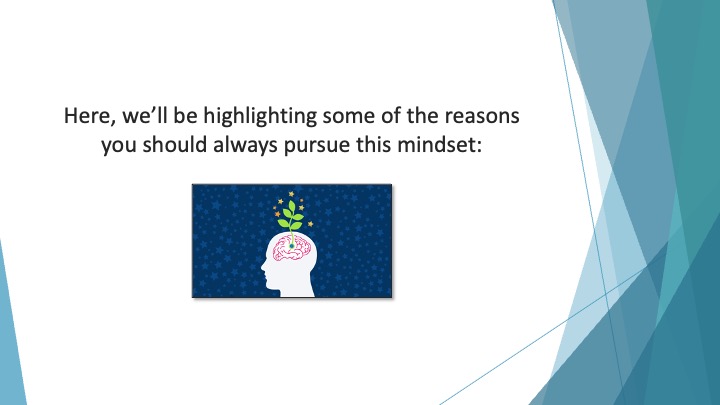


**S16 :** Benefits of Continuity

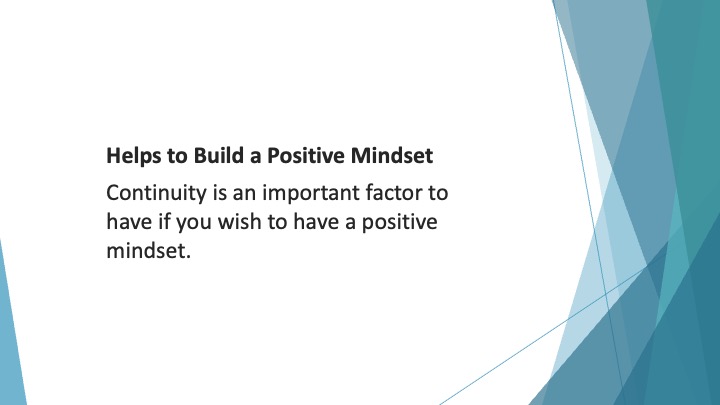
It is important to always cultivate the mindset of possibility and continuity. As long as you decide that giving up is never an option, you’ll always find a way out.



**S17 :** Take note that while solutions are always looking for continuity, continuity needs to work hard to find solutions.

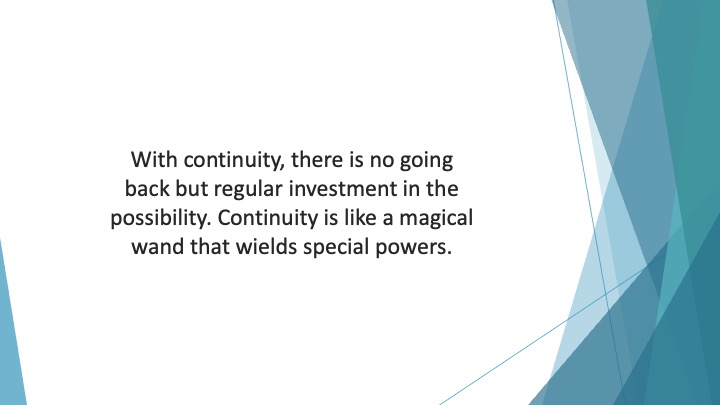


**S18 :** Here, we’ll be highlighting some of the reasons you should always pursue this mindset:

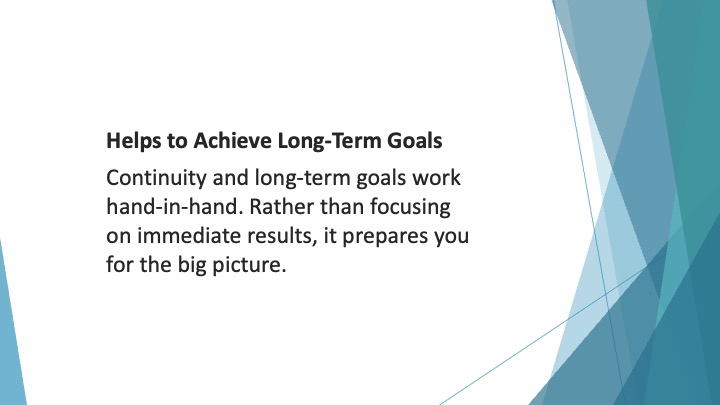


**S19 :** Helps to Build a Positive Mindset

Continuity is an important factor to have if you wish to have a positive mindset. This is because it helps the mind to flourish and always think of a way forward and out of tight spots.

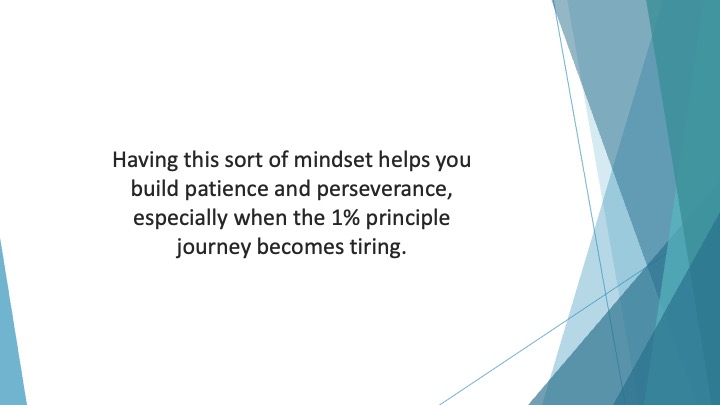


**S20 :**  With continuity, there is no going back but regular investment in the possibility. Continuity is like a magical wand that wields special powers. So you need to repeatedly explore it if you wish to understand and maximize its benefits.

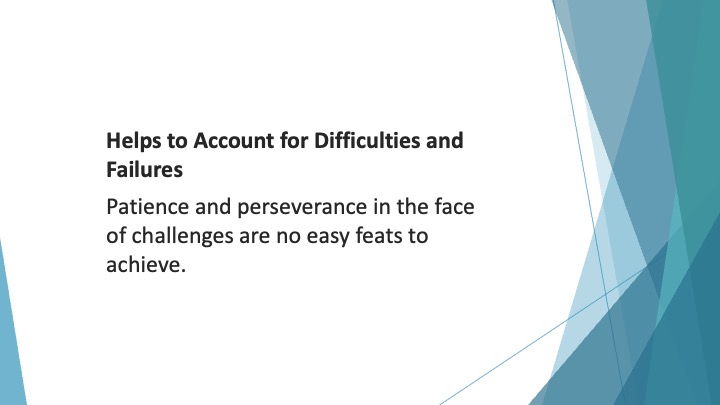
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**S21 :** Helps to Achieve Long-Term Goals

Continuity and long-term goals work hand-in-hand. Rather than focusing on immediate results, it prepares you for the big picture. It helps you realize that success is not an endgame but a process you need to pass through before reaching the goals that you have set for yourself.

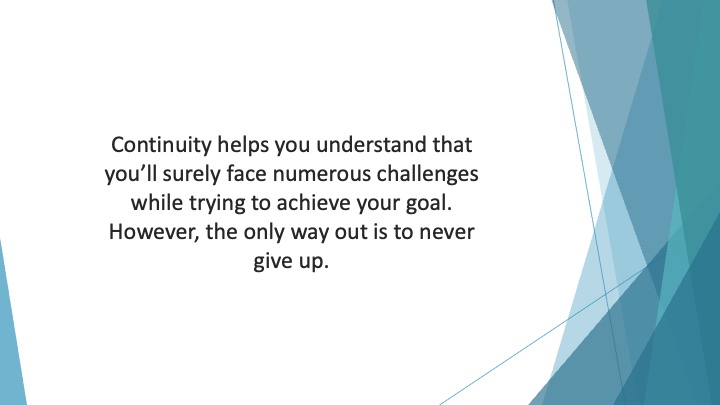


**S22 :** Having this sort of mindset helps you build patience and perseverance, especially when the 1% principle journey becomes tiring.

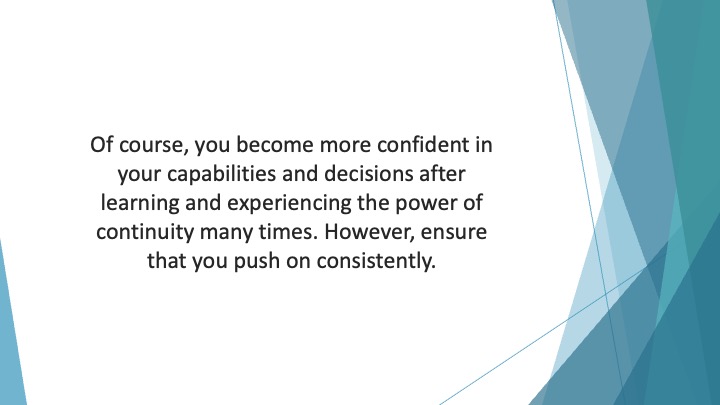


**S23 :** Helps to Account for Difficulties and Failures

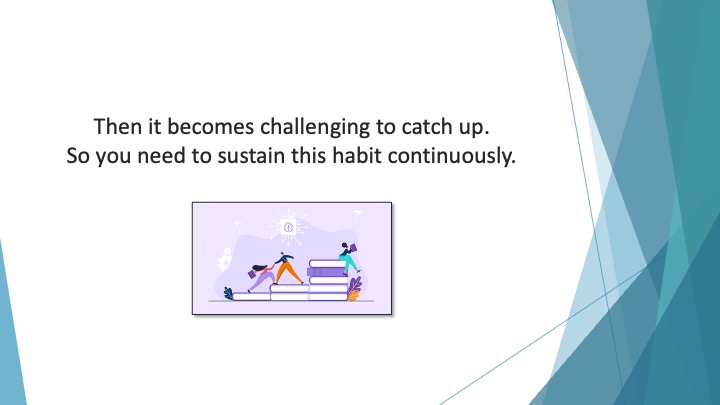
Patience and perseverance in the face of challenges are no easy feats to achieve. This can only be demonstrated through self-control and consistent practice.

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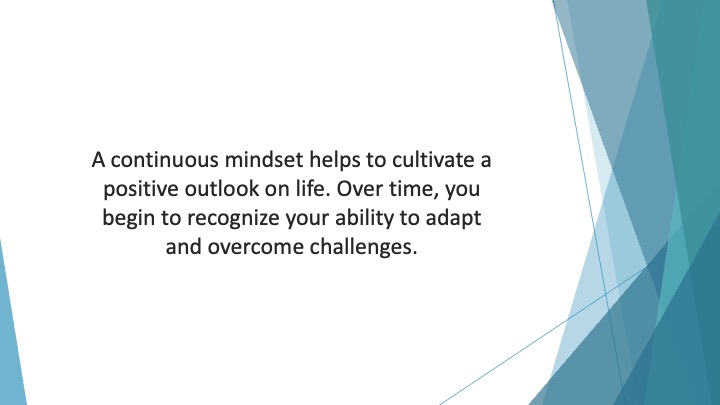
**S24 :** Continuity helps you understand that you’ll surely face numerous challenges while trying to achieve your goal. However, the only way out is to never give up. With patience and persistence in all of your endeavors, you are sure to experience light at the end of your tunnel, even though it might take 365 days to dig your way out.

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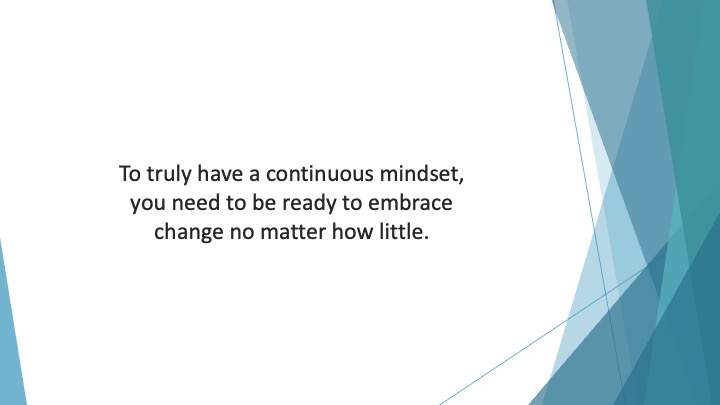
**S25 :** Of course, you become more confident in your capabilities and decisions after learning and experiencing the power of continuity many times. However, ensure that you push on consistently. If you pause for a bit, you’ll fall behind.

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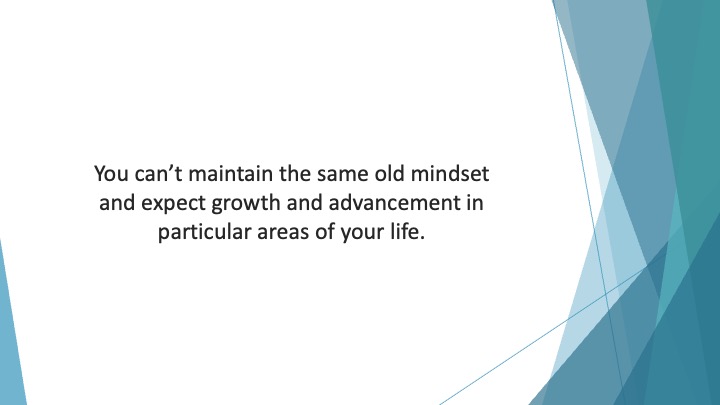
**S26 :** Then it becomes challenging to catch up. So you need to sustain this habit continuously.

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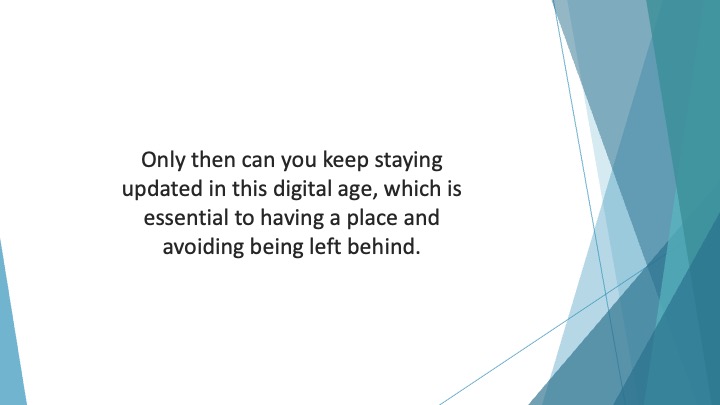
**S27 :** A continuous mindset helps to cultivate a positive outlook on life. Over time, you begin to recognize your ability to adapt and overcome challenges. Rather than becoming discouraged and distracted by difficulties, you can now focus on problem-solving to help achieve your goals.

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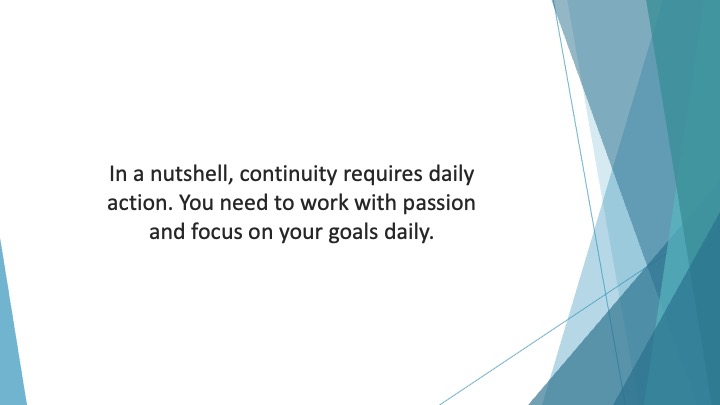
**S28 :** To truly have a continuous mindset, you need to be ready to embrace change no matter how little. This may require deviating from your old thought patterns to seek new knowledge and continue on the path of continuous learning.

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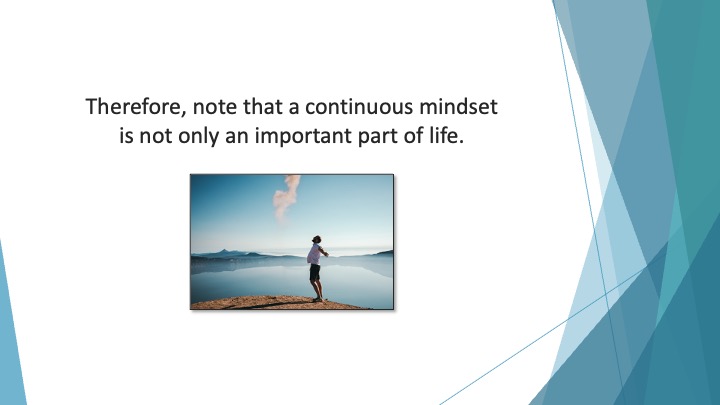
**S29 :** You can’t maintain the same old mindset and expect growth and advancement in particular areas of your life. There is a need to embrace the changing trends of this digital age.

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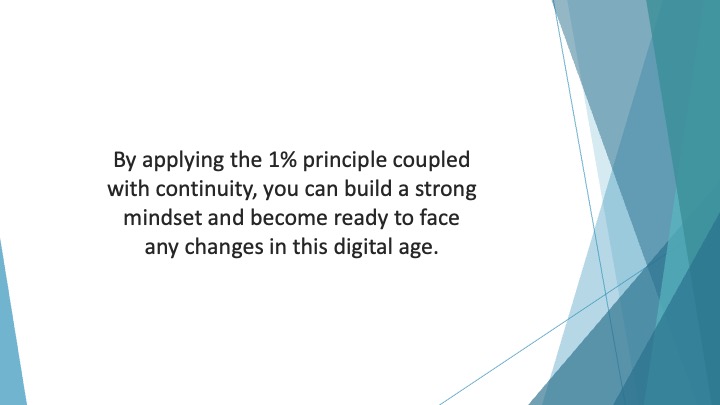
**S30 :** Only then can you keep staying updated in this digital age, which is essential to having a place and avoiding being left behind.

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**S31 :** In a nutshell, continuity requires daily action. You need to work with passion and focus on your goals daily. This way, you can maintain the momentum and never stop advancing in the different aspects of life.

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**S32 :** Therefore, note that a continuous mindset is not only an important part of life. It is also the foundation for success and flourishing on various paths where you find yourself.

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**S33 :** By applying the 1% principle coupled with continuity, you can build a strong mindset and become ready to face any changes in this digital age.