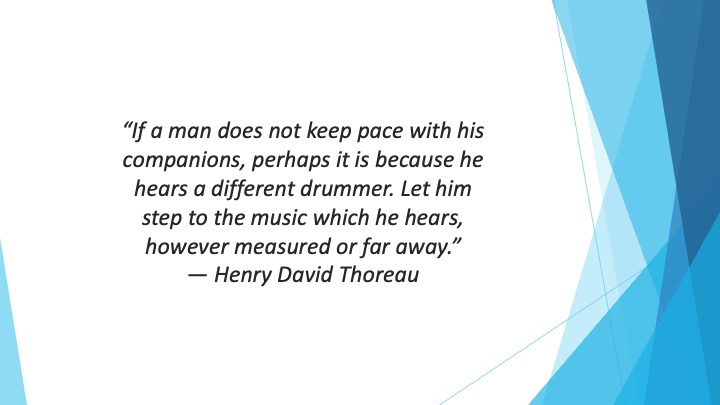
**Chapter 8: Take It At Your Pace**

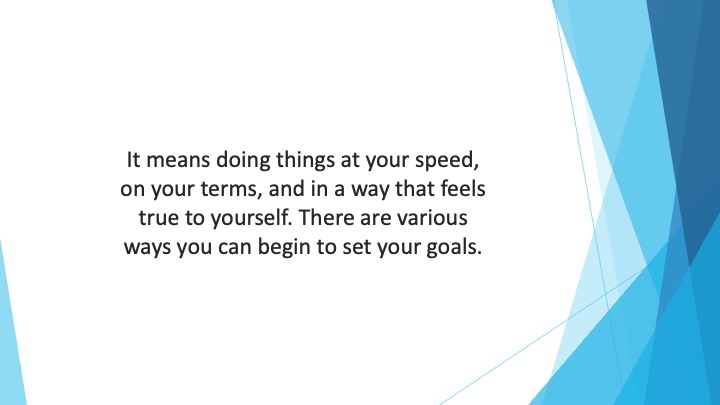
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**S1** : In this video, we’ll discover about “Take It At Your Pace”

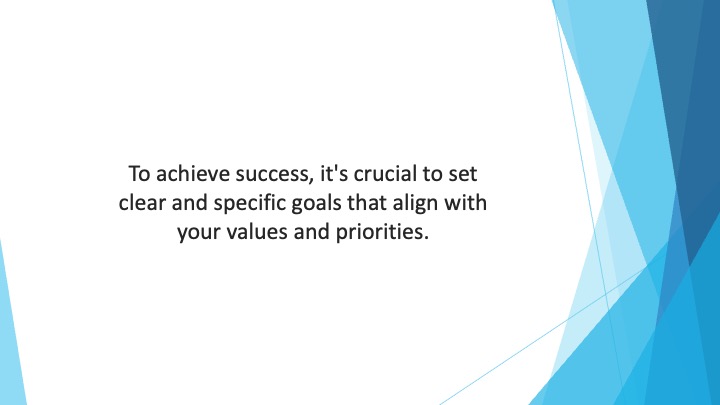


**S2 :** “If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music which he hears, however measured or far away.”

— Henry David Thoreau



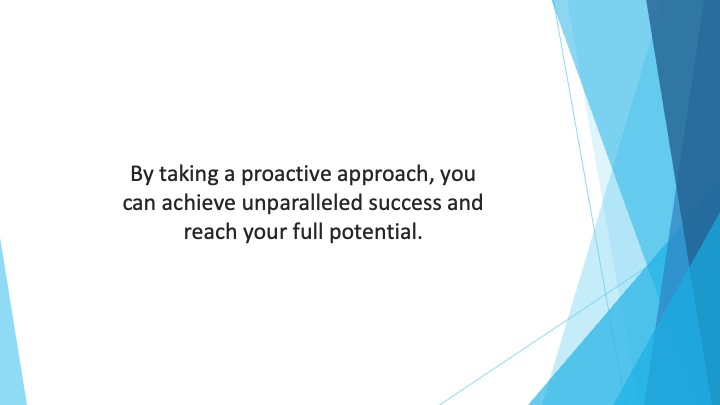
**S3** : Setting your own pace is all about taking control of your time and energy. It means doing things at your speed, on your terms, and in a way that feels true to yourself. There are various ways you can begin to set your goals.



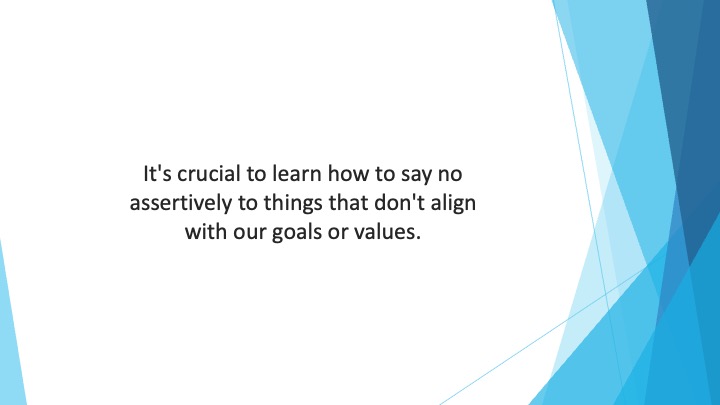
**S4** : To achieve success, it's crucial to set clear and specific goals that align with your values and priorities. You should break these goals down into smaller, more manageable steps to stay focused and motivated while tracking your progress.



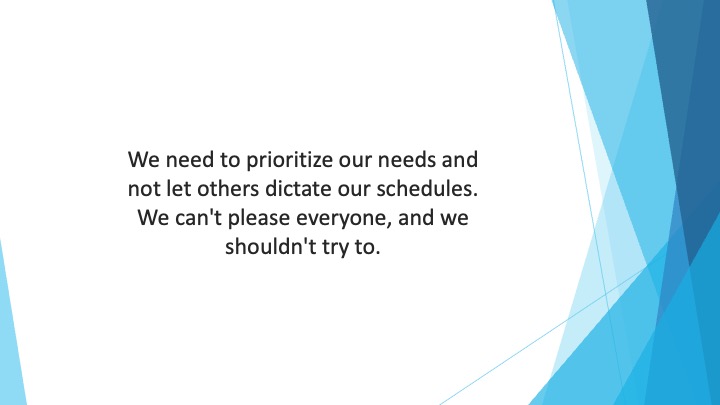
**S5 :** Remember to take ownership of your pace and be assertive in achieving your goals. Celebrate your successes along the way and don't let setbacks discourage you.



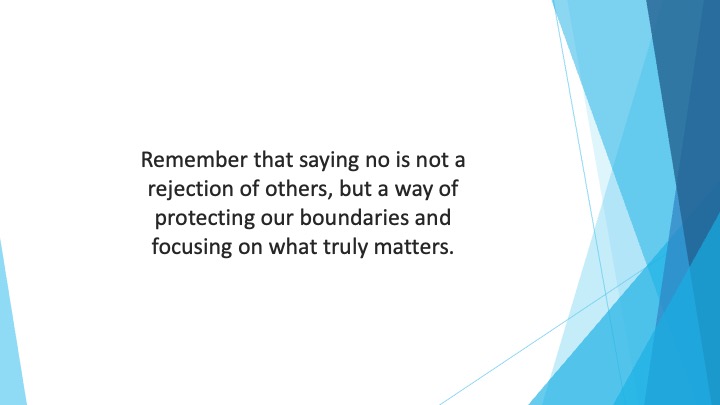
**S6 :** Remember to take ownership of your pace and be assertive in achieving your goals. Celebrate your successes along the way and don't let setbacks discourage you.



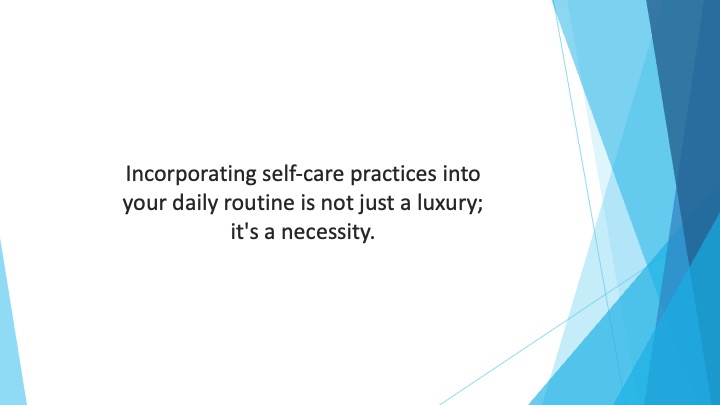
**S7 :** It's crucial to learn how to say no assertively to things that don't align with our goals or values. Saying no is not a sign of weakness but a way to take control of our time and energy.



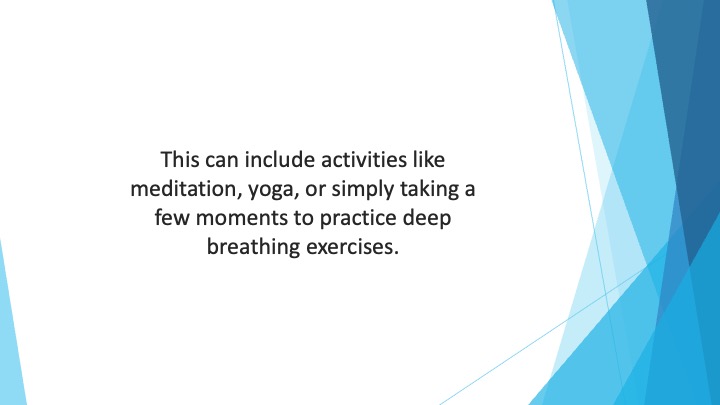
**S8 :** We need to prioritize our needs and not let others dictate our schedules. We can't please everyone, and we shouldn't try to. If something doesn't align with our priorities, we should say no without hesitation.



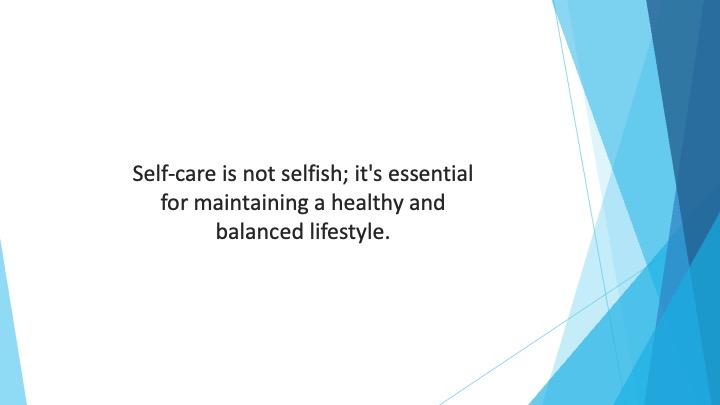
**S9 :** Remember that saying no is not a rejection of others, but a way of protecting our boundaries and focusing on what truly matters. By saying no to things that don't serve us, we create space for the things that do and can achieve our goals with more clarity and focus.



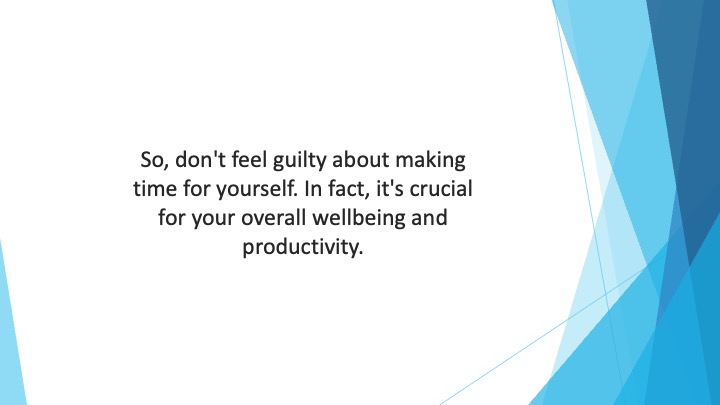
**S10 :** Incorporating self-care practices into your daily routine is not just a luxury; it's a necessity. It's important to prioritize taking some time each day to relax and recharge to feel your best, both physically and mentally.

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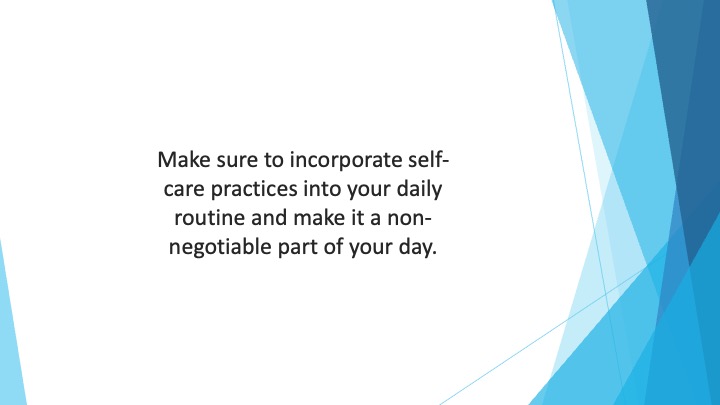
**S11 :** This can include activities like meditation, yoga, or simply taking a few moments to practice deep breathing exercises.



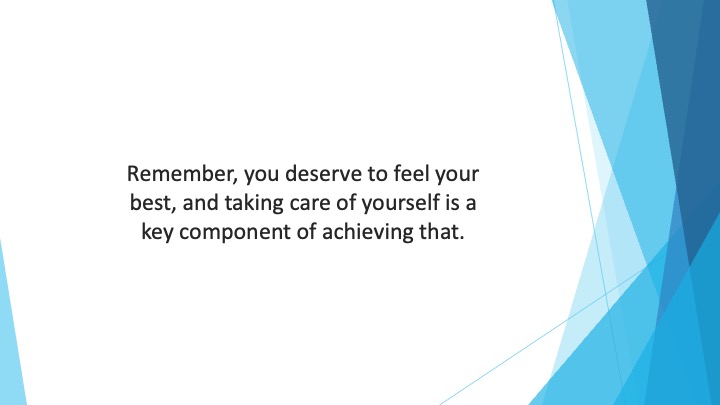
**S12 :** Self-care is not selfish; it's essential for maintaining a healthy and balanced lifestyle. When we take care of ourselves, we are better equipped to handle the challenges that come our way, including adapting to change and unlearning old habits.



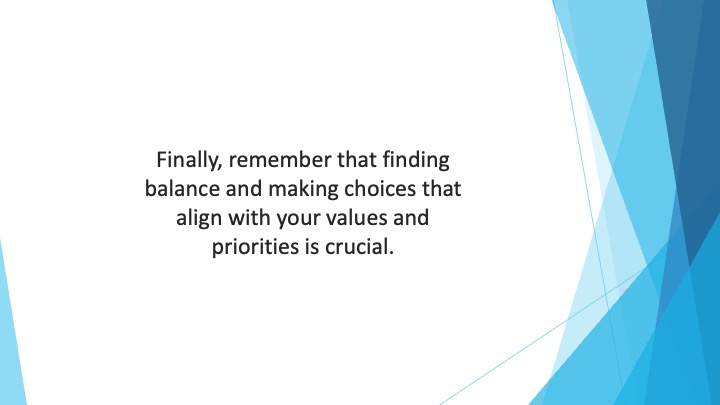
**S13 :** So, don't feel guilty about making time for yourself. In fact, it's crucial for your overall wellbeing and productivity.



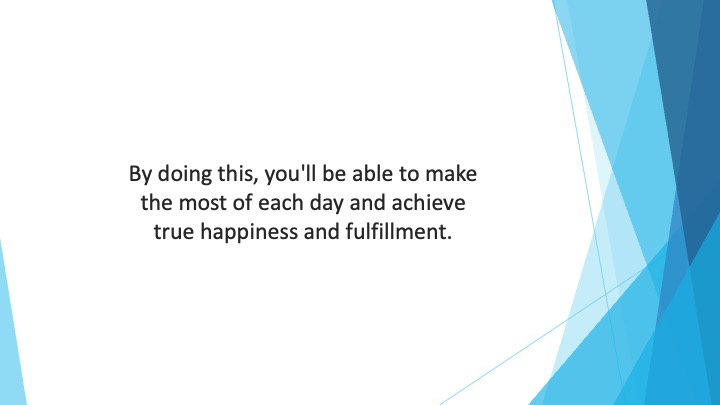
**S14 :** Make sure to incorporate self-care practices into your daily routine and make it a non-negotiable part of your day.



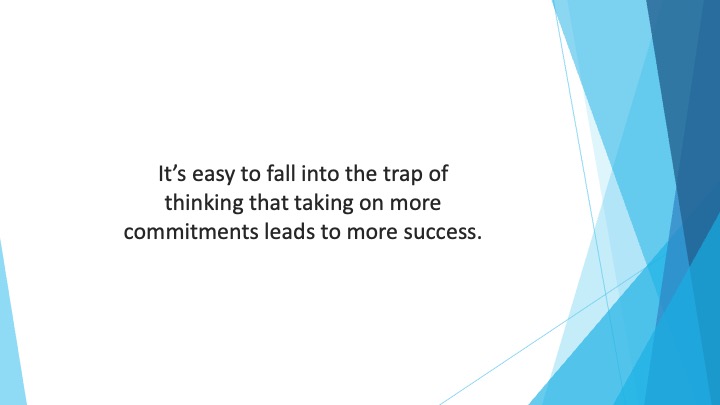
**S15 :** Remember, you deserve to feel your best, and taking care of yourself is a key component of achieving that.



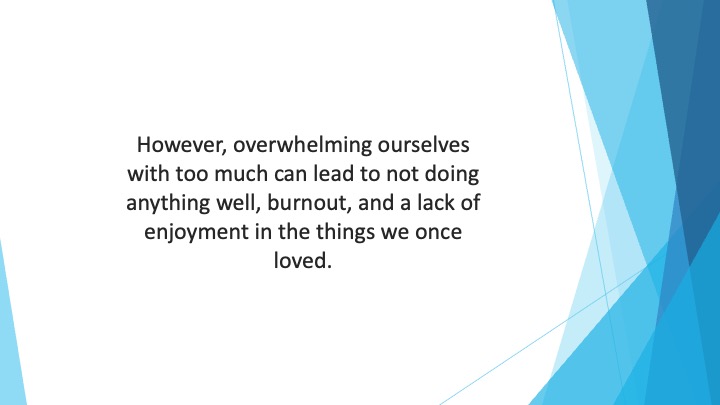
**S16 :** Finally, remember that finding balance and making choices that align with your values and priorities is crucial. It’s not about controlling everything in your life but rather taking charge and moving with ease and confidence.



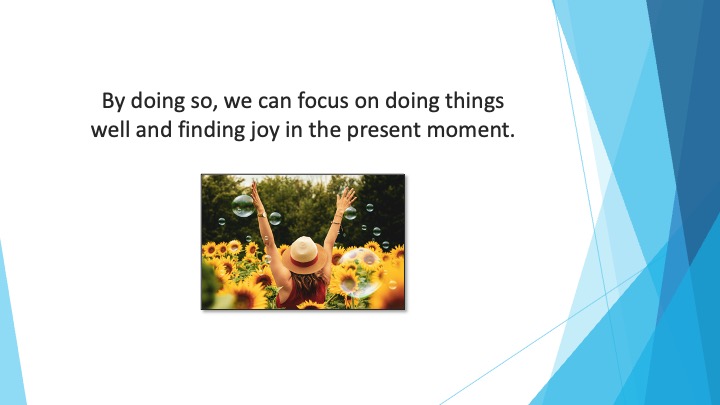
**S17 :** By doing this, you'll be able to make the most of each day and achieve true happiness and fulfillment.



**S18 :** It’s easy to fall into the trap of thinking that taking on more commitments leads to more success.



**S19 :** However, overwhelming ourselves with too much can lead to not doing anything well, burnout, and a lack of enjoyment in the things we once loved. Instead, it's important to recognize our pace and not succumb to the pressure of external milestones.



**S20 :** By doing so, we can focus on doing things well and finding joy in the present moment.