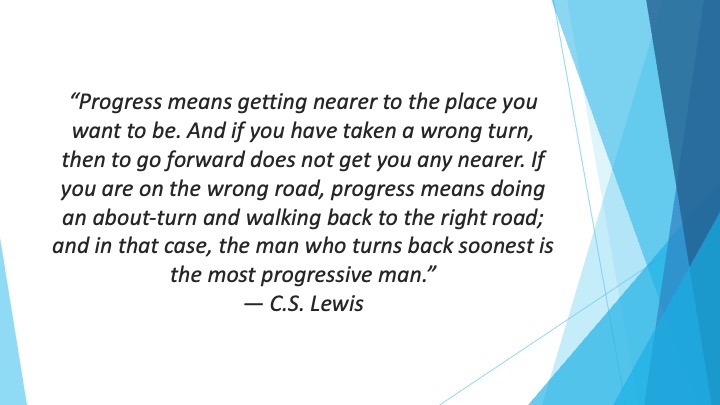
**Chapter 5: The Importance of Tracking Progress in Unlearning**

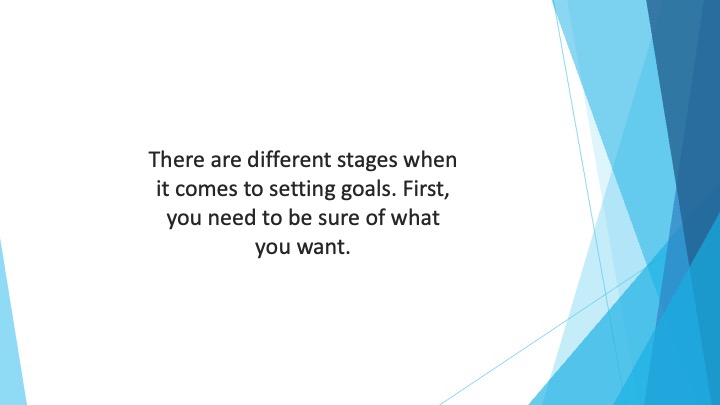
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**S1** : In this video, we’ll discover about “The Importance of Tracking Progress in Unlearning”

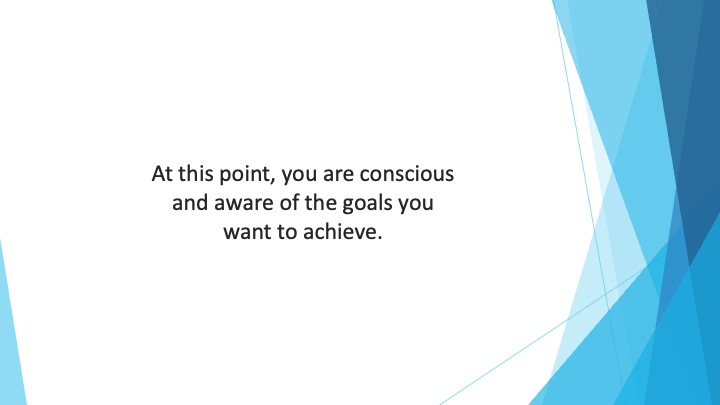


**S2 :** “Progress means getting nearer to the place you want to be. And if you have taken a wrong turn, then to go forward does not get you any nearer. If you are on the wrong road, progress means doing an about-turn and walking back to the right road; and in that case, the man who turns back soonest is the most progressive man.”

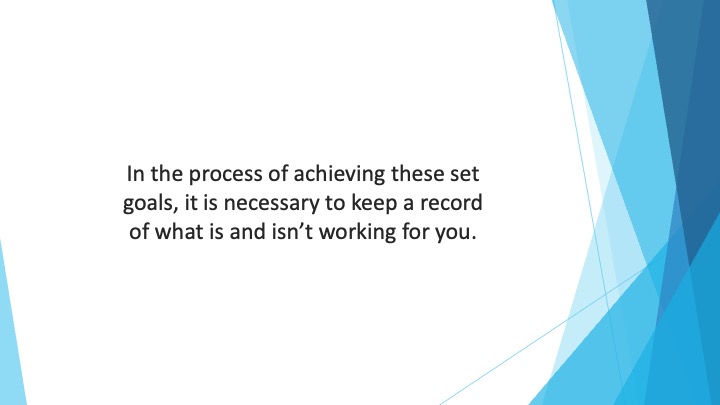
— C.S. Lewis



**S3** : There are different stages when it comes to setting goals. First, you need to be sure of what you want. Once you have figured this out, you can then proceed to highlight them.



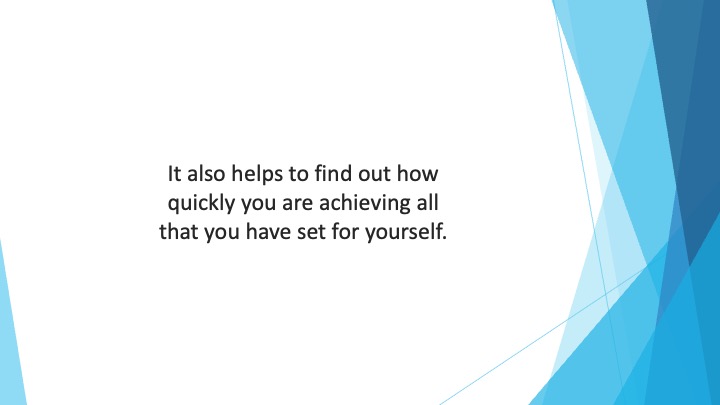
**S4** : At this point, you are conscious and aware of the goals you want to achieve. The next course of action is to find ways to fulfill them.



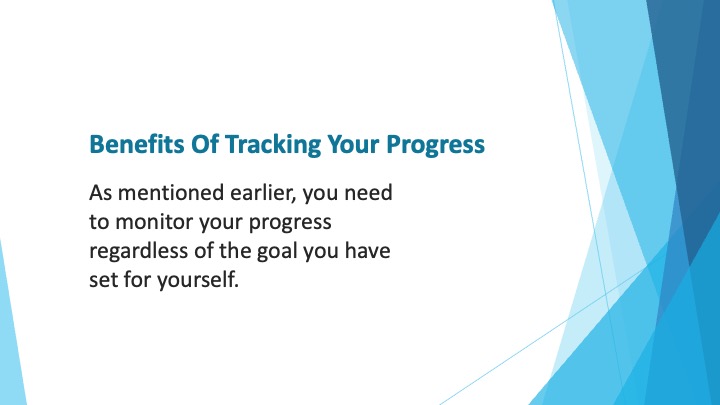
**S5 :** In the process of achieving these set goals, it is necessary to keep a record of what is and isn’t working for you. This is when you begin to track your progress.



**S6 :** Progress or success does not happen overnight. It takes gradual efforts and steps. Whether your goal is steered towards financial, academic, relationship, career, or other areas, tracking your progress helps you know what you're doing right and wrong.

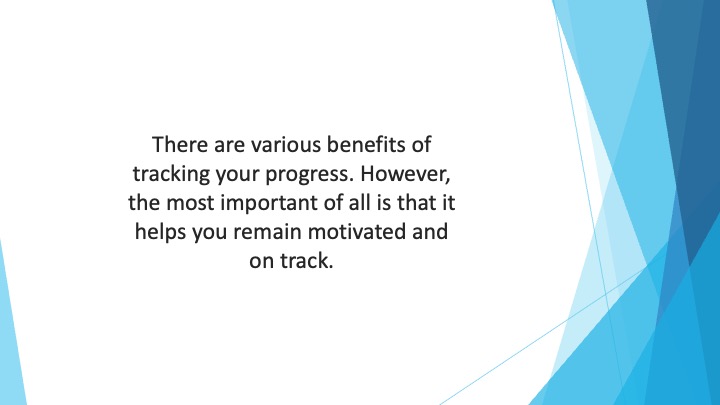


**S7 :** It also helps to find out how quickly you are achieving all that you have set for yourself.

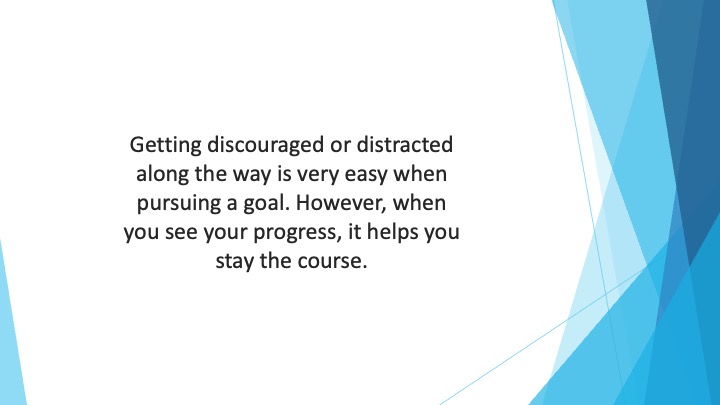


**S8 :** Benefits of Tracking Your Progress

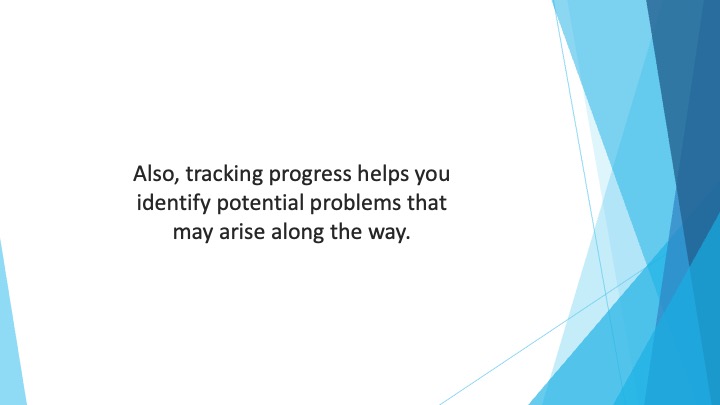
As mentioned earlier, you need to monitor your progress regardless of the goal you have set for yourself. This way, you can identify stumbling blocks, learn from your setbacks, and make necessary adjustments along the way.



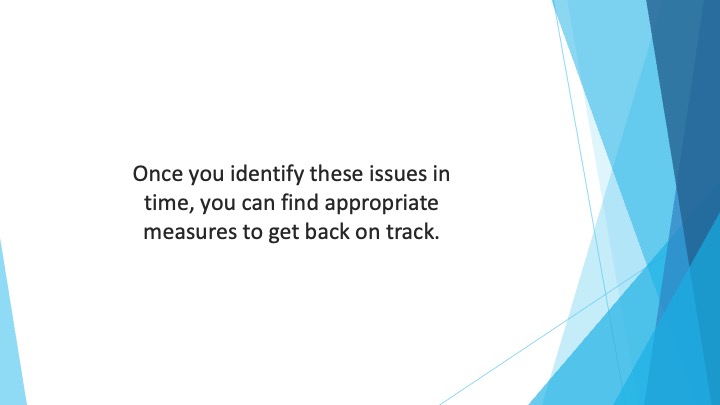
**S9 :** There are various benefits of tracking your progress. However, the most important of all is that it helps you remain motivated and on track.



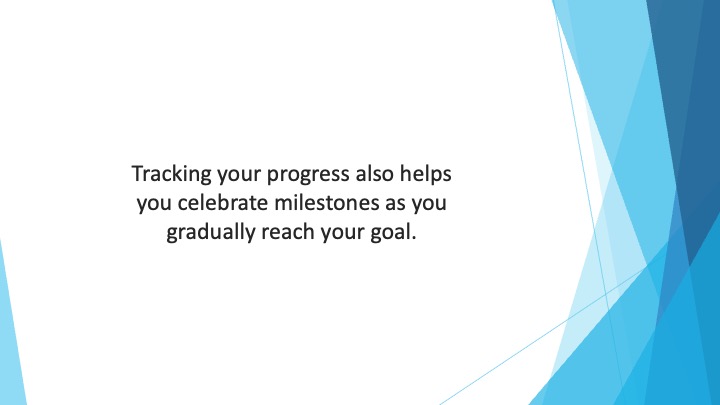
**S10 :** Getting discouraged or distracted along the way is very easy when pursuing a goal. However, when you see your progress, it helps you stay the course.

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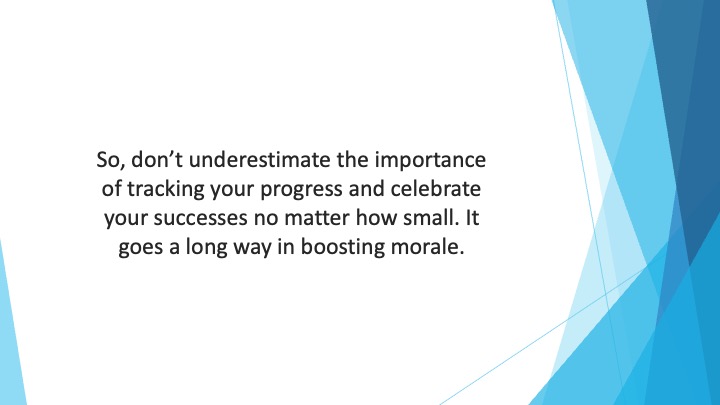
**S11 :** Also, tracking progress helps you identify potential problems that may arise along the way. For instance, if you are consistently falling behind in your studies, it may be time to reassess your approach.



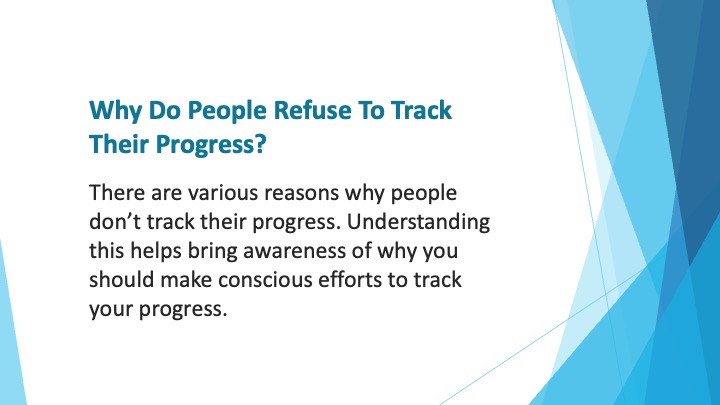
**S12 :** Once you identify these issues in time, you can find appropriate measures to get back on track.



**S13 :** Tracking your progress also helps you celebrate milestones as you gradually reach your goal. Seeing your efforts and labor towards achieving whatever goal you set provides a much-needed boost or motivation of some sort.

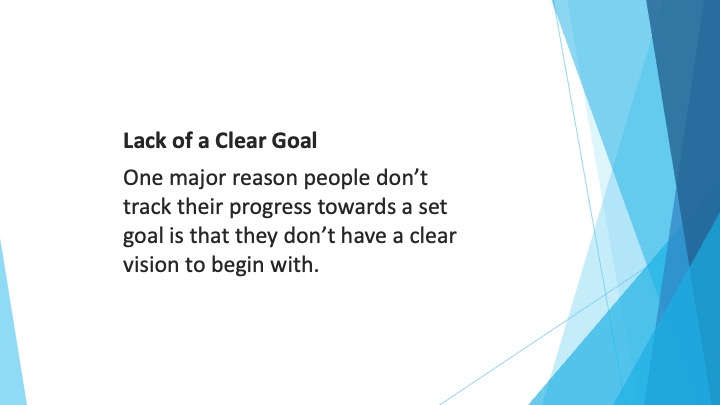


**S14 :** So, don’t underestimate the importance of tracking your progress and celebrate your successes no matter how small. It goes a long way in boosting morale.



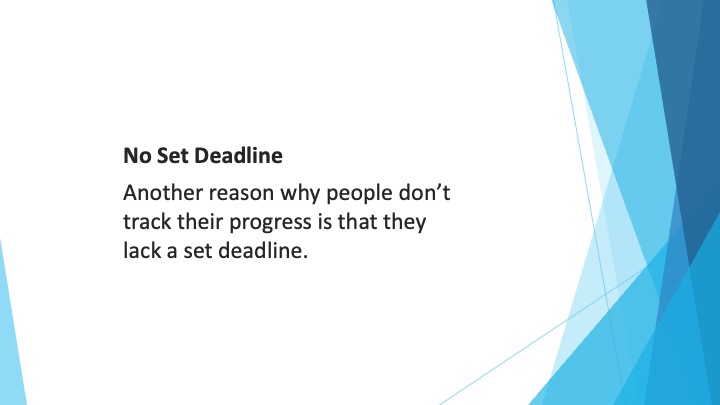
**S15 :** Why Do People Refuse to Track Their Progress?

There are various reasons why people don’t track their progress. Understanding this helps bring awareness of why you should make conscious efforts to track your progress. The following are some of the common reasons:



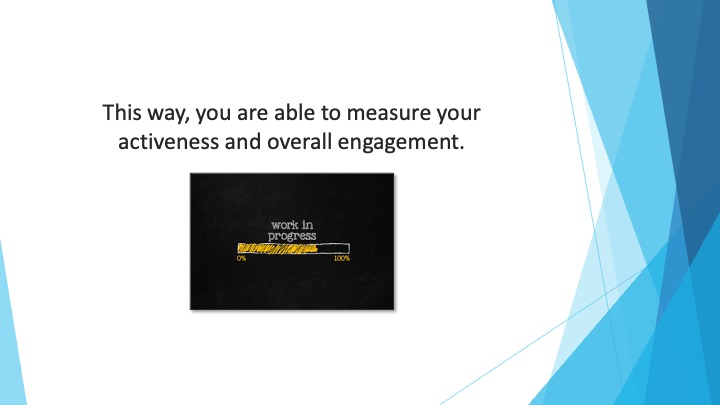
**S16 :** Lack of a Clear Goal

One major reason people don’t track their progress towards a set goal is that they don’t have a clear vision to begin with. If you are unclear about what you’re trying to achieve, it becomes hard to measure your progress.

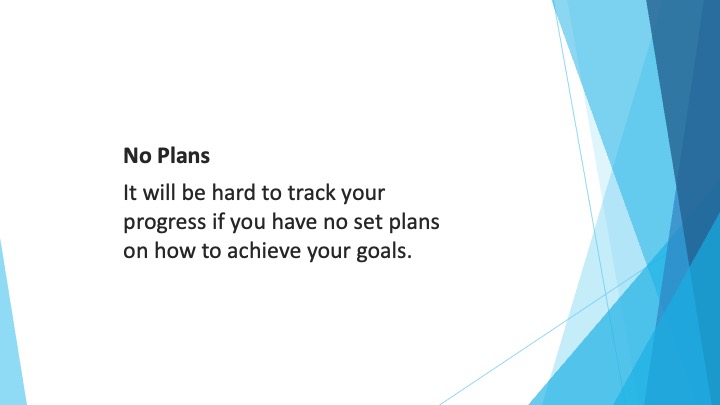


**S17 :** No Set Deadline

Another reason why people don’t track their progress is that they lack a set deadline. It is important to set deadlines for yourself, especially when undergoing an important project.

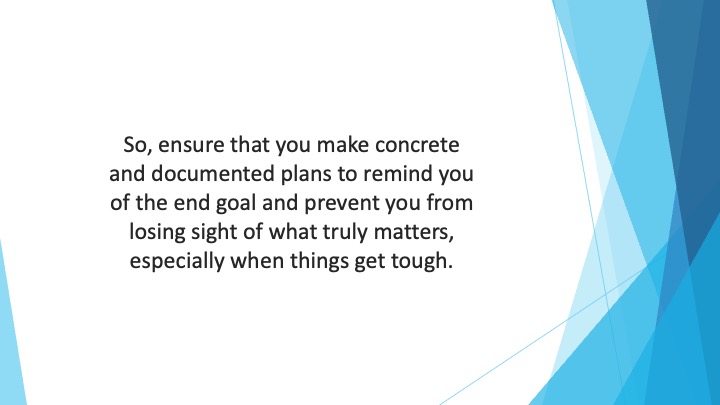


**S18 :** This way, you are able to measure your activeness and overall engagement. Without a deadline, you put yourself at risk of procrastinating, which can stall your progress as a whole.

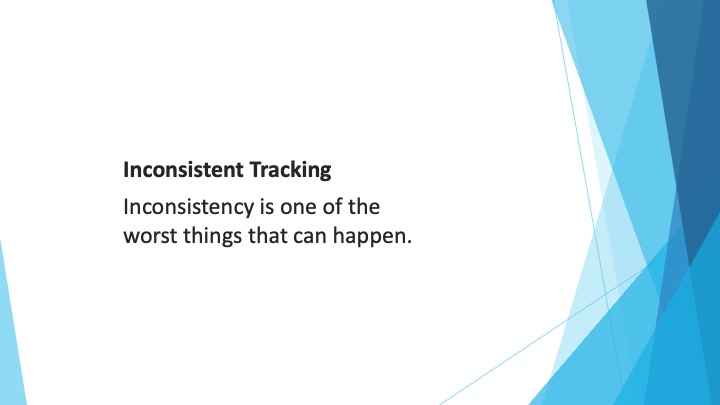


**S19 :** No Plans

It will be hard to track your progress if you have no set plans on how to achieve your goals. Without a plan, it is easy to get sidetracked and distracted by other things that can't contribute to the progress of your goal.

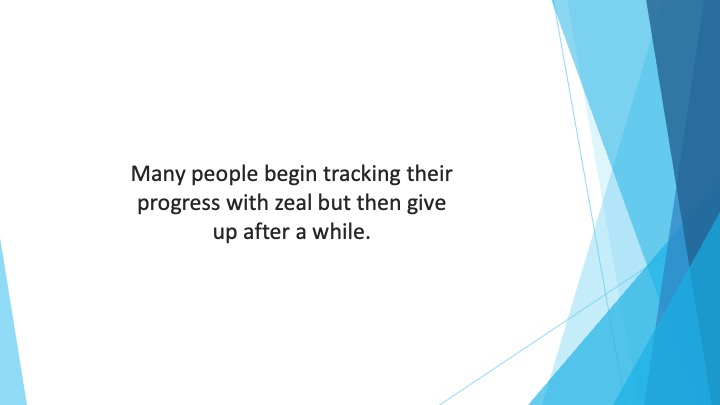


**S20 :** So, ensure that you make concrete and documented plans to remind you of the end goal and prevent you from losing sight of what truly matters, especially when things get tough.

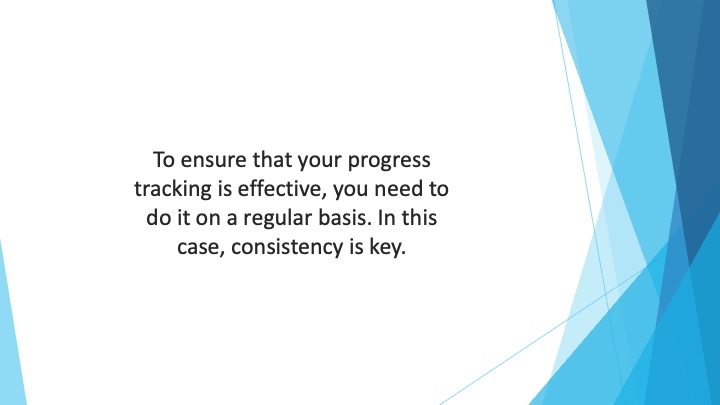
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**S21 :** Inconsistent Tracking

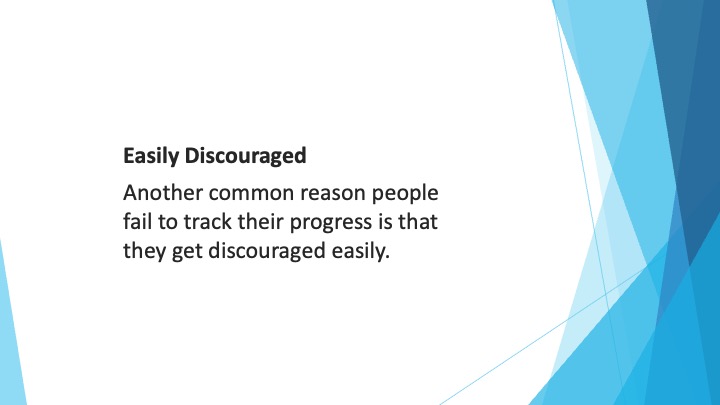
Inconsistency is one of the worst things that can happen. It’s like a crooked road that takes a long time before reaching your destination.



**S22 :** Many people begin tracking their progress with zeal but then give up after a while. This usually happens because of the absence of consistent tracking plans.

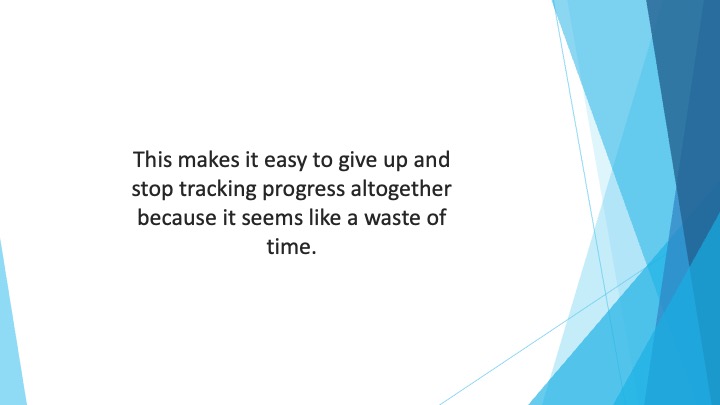


**S23 :** To ensure that your progress tracking is effective, you need to do it on a regular basis. In this case, consistency is key.

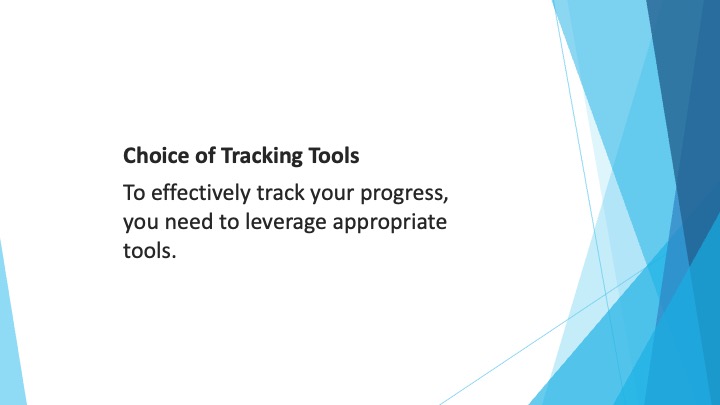
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**S24 :** Easily Discouraged

Another common reason people fail to track their progress is that they get discouraged easily. Not seeing results in time can cast a shadow of doubt.

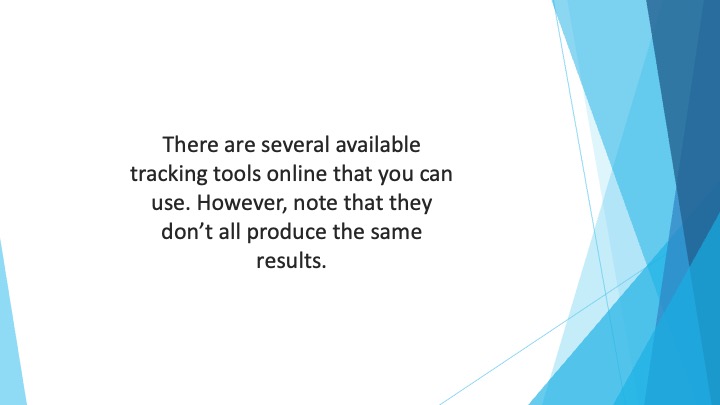
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**S25 :** This makes it easy to give up and stop tracking progress altogether because it seems like a waste of time.

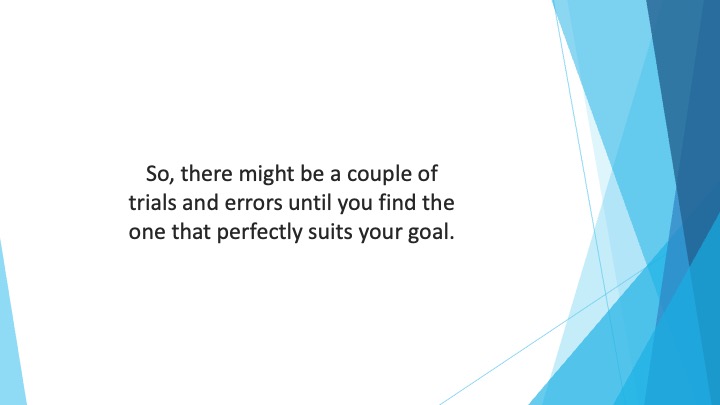
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**S26 :** Choice of Tracking Tools

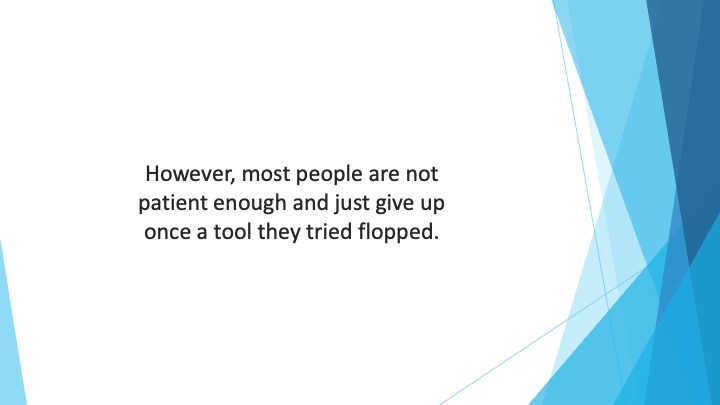
To effectively track your progress, you need to leverage appropriate tools.

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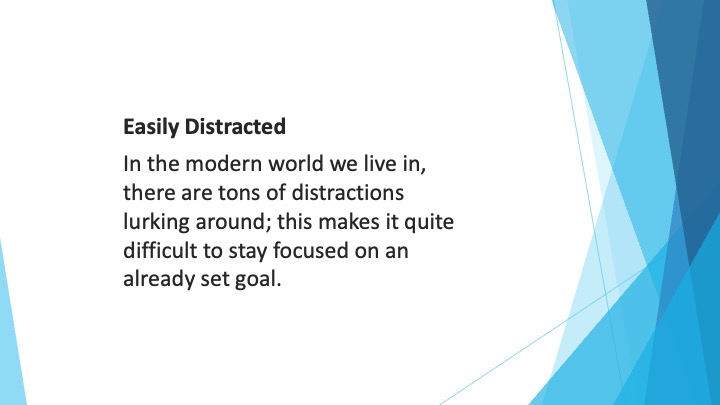
**S27 :** There are several available tracking tools online that you can use. However, note that they don’t all produce the same results.

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**S28 :** So, there might be a couple of trials and errors until you find the one that perfectly suits your goal.

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**S29 :** However, most people are not patient enough and just give up once a tool they tried flopped.

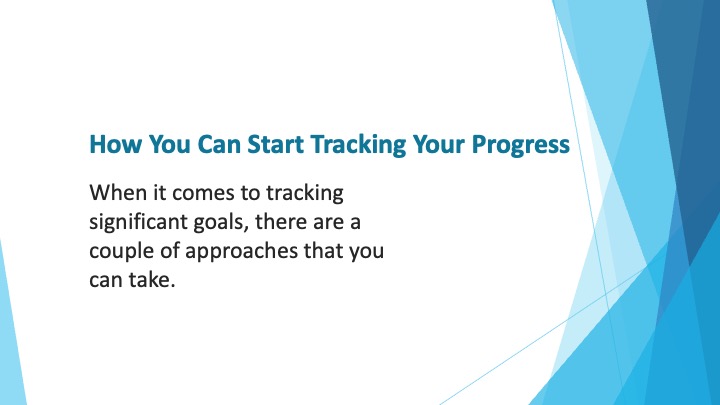
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**S30 :** Easily Distracted

In the modern world we live in, there are tons of distractions lurking around; this makes it quite difficult to stay focused on an already set goal.

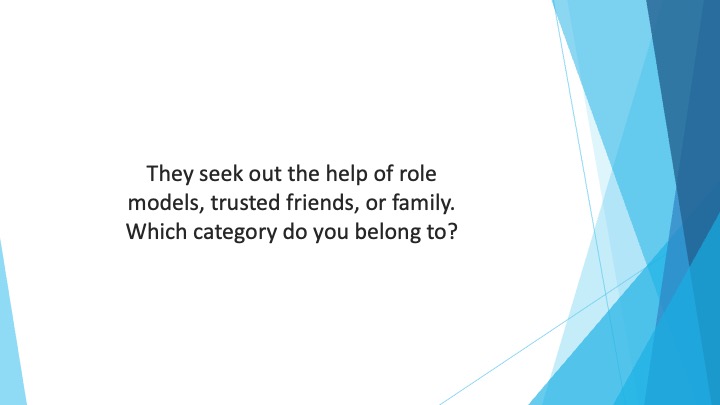
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**S31 :** However, it is important to ensure that your gaze remains on your goal. This way, you can keep striving even when things aren’t super palatable.

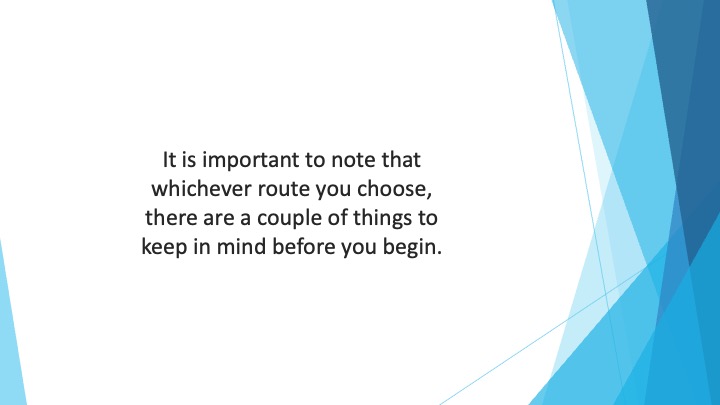
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**S32 :** How You Can Start Tracking Your Progress

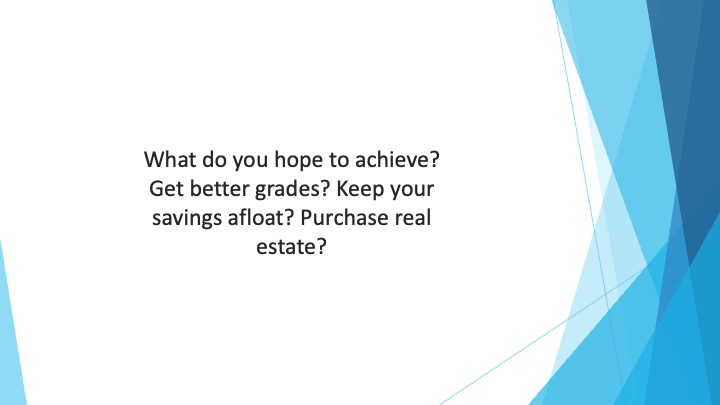
When it comes to tracking significant goals, there are a couple of approaches that you can take. While some people prefer to go on the journey alone, others prefer company.

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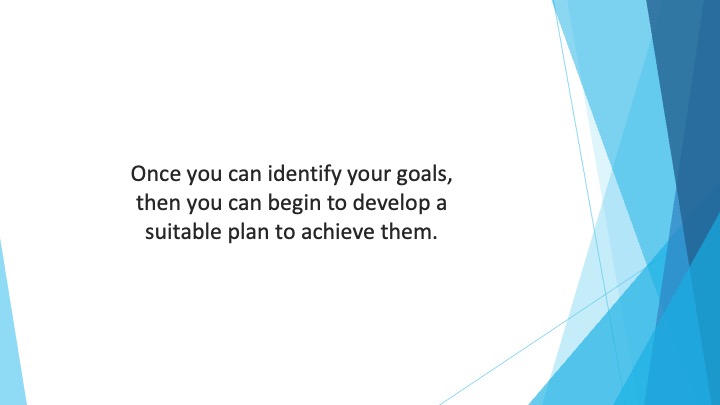
**S33 :** They seek out the help of role models, trusted friends, or family. Which category do you belong to?

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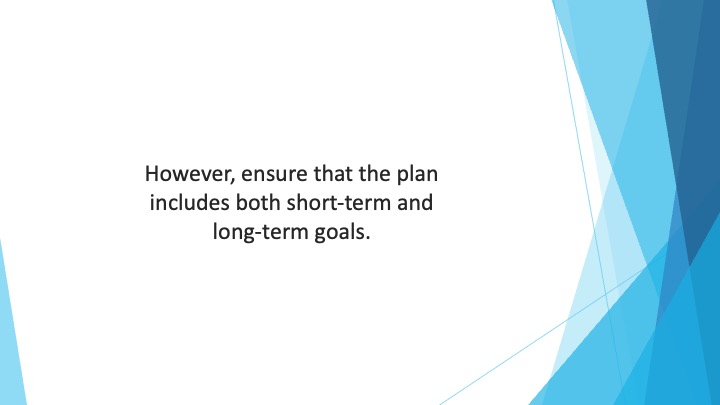
**S34 :** It is important to note that whichever route you choose, there are a couple of things to keep in mind before you begin. First, you must have a clear understanding of what your goals actually are.

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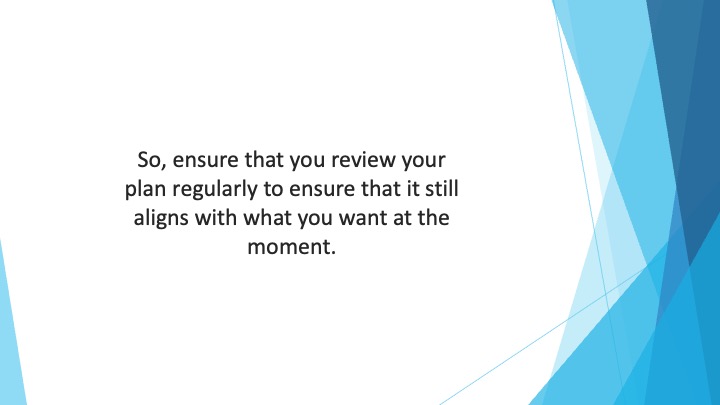
**S35 :** What do you hope to achieve? Get better grades? Keep your savings afloat? Purchase real estate?

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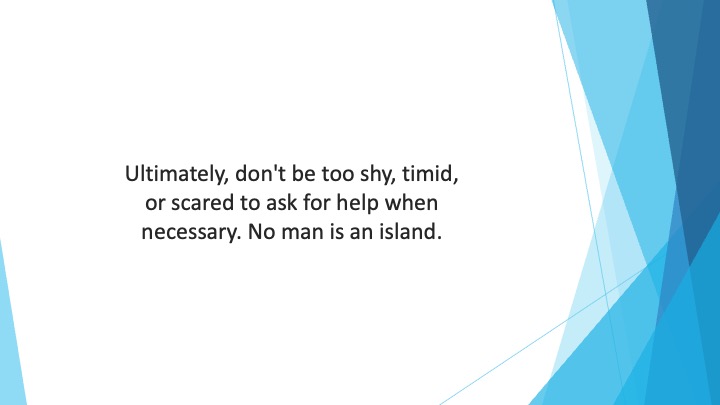
**S36 :** Once you can identify your goals, then you can begin to develop a suitable plan to achieve them.

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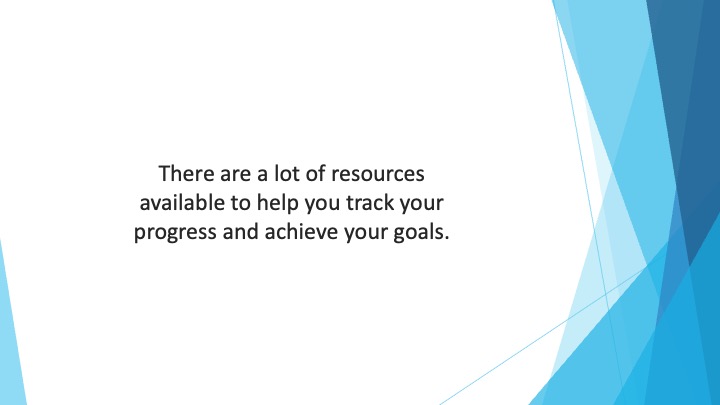
**S37 :** However, ensure that the plan includes both short-term and long-term goals. Also, note that your goals may change over time because the future is unpredictable.

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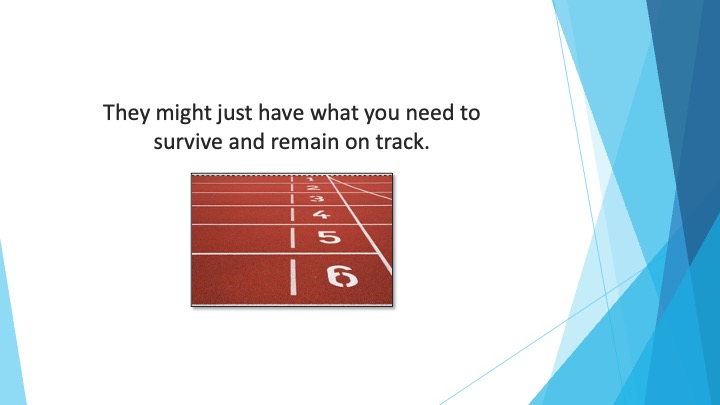
**S38 :** So, ensure that you review your plan regularly to ensure that it still aligns with what you want at the moment.

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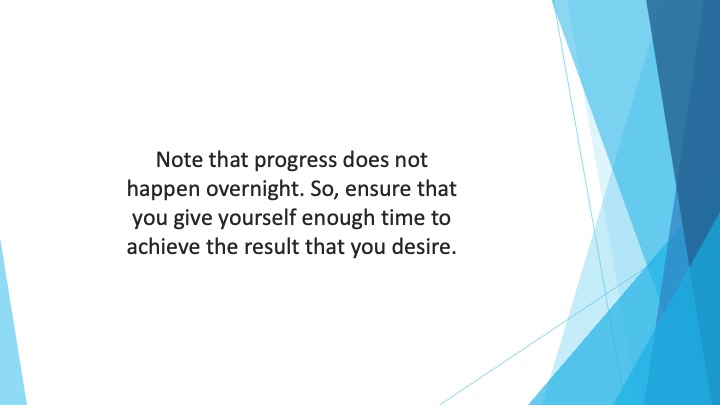
**S39 :** Ultimately, don't be too shy, timid, or scared to ask for help when necessary. No man is an island. So, we need one another to survive as social beings.

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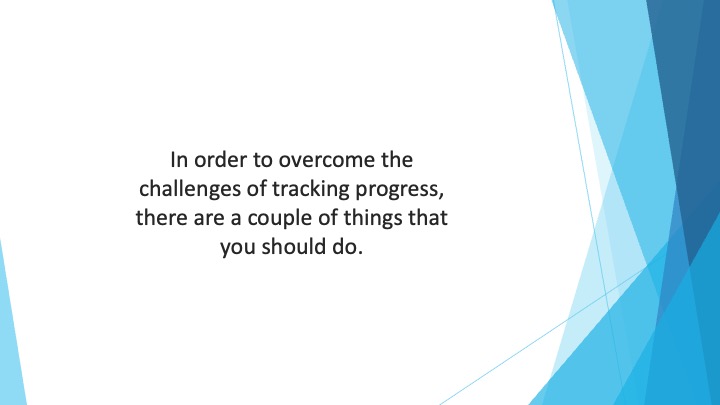
**S40 :** There are a lot of resources available to help you track your progress and achieve your goals. So, if you are feeling overwhelmed, seek the help of a mentor, close friends, or trusted individuals.

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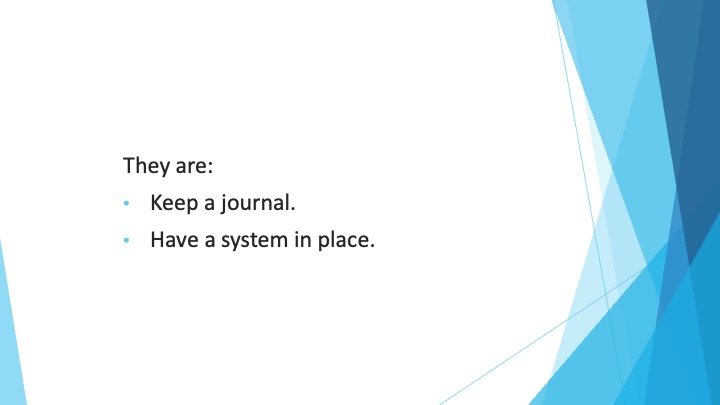
**S41 :** They might just have what you need to survive and remain on track.

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**S42 :** Note that progress does not happen overnight. So, ensure that you give yourself enough time to achieve the result that you desire. Just remain consistent and committed to the course.

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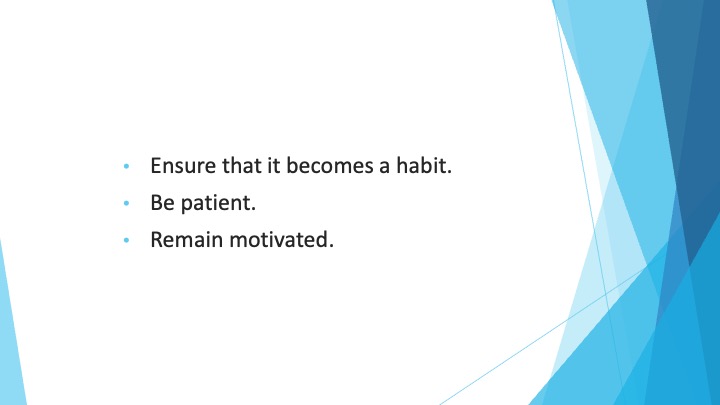
**S43 :** In order to overcome the challenges of tracking progress, there are a couple of things that you should do.

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**S44 :** They are:

• Keep a journal.

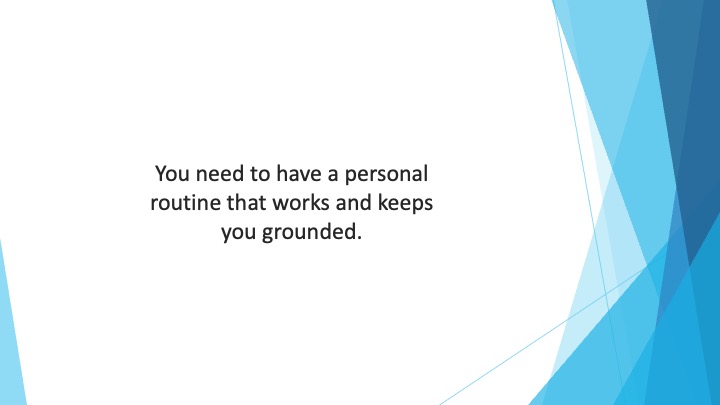
• Have a system in place.

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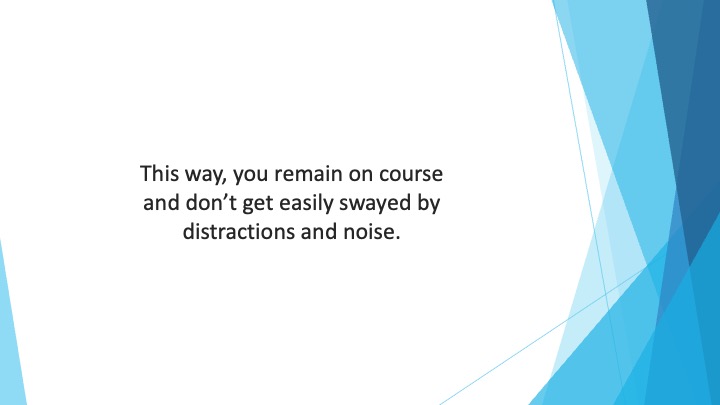
**S45 :** • Ensure that it becomes a habit.

• Be patient.

• Remain motivated.

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**S46 :** To achieve unparalleled success is no child’s play. You need to have a personal routine that works and keeps you grounded.

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**S47 :** This way, you remain on course and don’t get easily swayed by distractions and noise.