



accountability is a must to attain your goal.

### **What if motivation starts to fade?**

If you get better at something it eventually becomes easy and might not motivate or inspire the person after a while. You need to increase the level or do more to motivate yourself. Around the world, people have limited time and it is especially hard for them to decide how much is appropriate. This decision is up to the person as he needs to decide how much he/she can handle. The more time devoted to the work more will be efficiency.

### **Way to enforce a habit?**

The duration which can be defined as the amount of work put in is the second thing. The intensity which can be stated as the amount of hard work invested is the third thing. It is actually to get started as you have to devote 30 minutes of your life every day and every week to work towards achieving your goal and realizing your ambition. Continue to do this until it becomes a habit. As you get used to it challenges yourself by increasing the time and workload. Increase the duration and intensity.

The more habit you form the closer you will come to realize your ambition.