

Volume 11, Issue 13: Stick With It

Having started small, established your habit and continued to advance in small ways, now you have to stick with it. It's not enough to learn a habit, you must stick with it and continuously improve it to excel at your pursuit. Otherwise, what's the point?

In his book Atomic Habits, James Clear wrote that "As habits become routine, they become less interesting and less satisfying. We get bored. As such, the only way to become excellent is to be endlessly fascinated about doing the same thing over and over. You have to fall in love with boredom."

While it's easy to do the right thing when conditions are favourable, it's not so easy when conditions are unfavourable. It's fun for me to write when I feel motivated. On the other hand, it takes a lot of drive for me to write when I feel tired and demotivated. That's when I have to dig in and keep going. That's when I prove that I am indeed a writer.

"Anyone can work hard when they feel motivated. It's the ability to keep going when work isn't exciting that makes the difference. Professionals stick to the schedule; amateurs let life get in the way." James Clear. Which habit(s) do you need to stick with irrespective of your conditions or mood?

For His Glory,

Lillian Chebosi

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