

5 smart living habits that help you do what you want

Consistency is the core. You can't be stronger or faster just by going out to the gym.

Making ideas and implementing those ideas is not something everyone's intuition. And the important factor that separates successful people from the rest is the ability and the will to turn things into reality as well as complete them in the best way possible.

However, this factor is not the only habit that indicates the difference between winners and losers; instead, countless repetitive behaviors are performed consistently to support the achieving a larger goal that only successful people persist in creating. People with negative thinking, not trying their best, conserving with bad habits, cannot achieve them.

See also: **60 small steps within 100 days to improve your life**

Consistency is the core. You can't become stronger or faster just by going "fun rides" to the gym. You need to accumulate and try your best like anything else you want to be better. So is soft skill development.

1. Keep your promise to yourself



When making a promise to others, the opportunity lies in your commitment. Because, at this time, personal prestige and the relationship of two people face the same risk. If what has been said does not come true, they will also lose faith in you and no longer want to cooperate with you.

However, it is important to emphasize here that you also need to **keep your promises to yourself**, because nothing is easier when you promise yourself than to others. Only when each person has a belief that he or she

will achieve success or accomplish a task, then will a good character be formed.

If you want to become a person who can't be defeated, now commit yourself to making the effort to turn everything that's planned into reality.

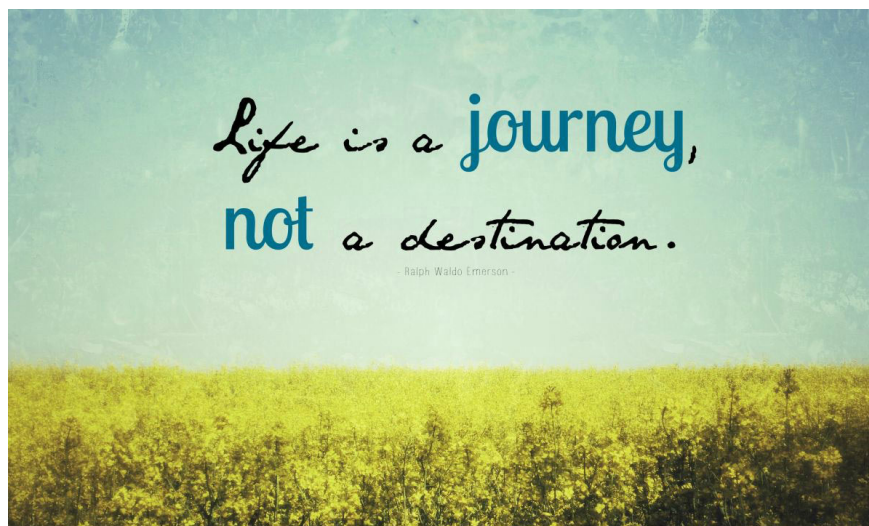
2. Record your ideas immediately

Good ideas often appear in the head and there is nothing worse than trying to recall it hopelessly just because you have stored it in a "spiritual" repository - known by its name. "memory".

Anytime an idea pops up in your mind, **write it down on paper** (or note on the phone note app) right away. Don't depend on memory because you can't guarantee that at any time you can "pull" what you need out of the mix of countless "junk" things in your head.

3. Don't take yourself too seriously

There is an old proverb that says: *"If you don't take yourself seriously, there will be no one like that . "* However, it is regrettable that people often like to show their personalities (even a little) to people they think are too boring or worthless. They love themselves too much, talk about themselves like a great man and always show "me" in public as an affirmation that they deserve to do so.



Each of us needs to learn how to love ourselves, love us and take care of it regularly. However, this does not mean we need to lower the value of others to push ourselves above all. Sometimes, being humble, humbling, praising the achievements of people around and spreading love will help you have more joy and happiness in life.

4. Train yourself every day

Your choices will determine who you will be today and in the future, how you will become. However, it is not always possible. Everything needs time and you need to try from small steps.

5. Live upright

When complimenting someone, praise them sincerely. When you want to criticize someone, make sure they make mistakes and your criticism must be constructive. Don't use rhetorical words or reproach that can hurt them and only benefit you.

You finished reading the article "**5 smart living habits that help you do what you want**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.