

**FREE  
GUIDE**

THE  
**5** SECRET  
STEPS  
TO STAY  
**CONSISTENT**  
EVEN ON  
LOW-MOTIVATION DAYS

Build Strong Daily Habits &  
Stay Productive Without  
Relying on Motivation



SYSTEM  
OVER MOTIVATION



SMALL ACTIONS  
BIG RESULTS



CONSISTENCY  
CREATES FREEDOM



FOCUS  
BUILDS MOMENTUM



DISCIPLINE  
TRANSFORMS LIFE

**AKASH ALONE** 

Habit & Mindset Coach,  
NLP Mentor & Author



# **5 Secret Steps to Stay Consistent Even on Low-Motivation Days**

**Build Strong Daily Habits & Stay Productive  
Without Relying on Motivation**

Akash Alone  
Habit & Mindset Coach | NLP  
Mentor | Author

# **Introduction:**

**Zyadatar log habits start karte hain motivation ke saath lekin 3–5 din ke baad sab break ho jata hai. Problem aap nahi ho. Problem system hai. Is guide me aap ek simple aur powerful approach seekhenge jisse aap low–motivation days me bhi consistent reh sakte hai. Aapko force nahi karna padega bas system follow karna hoga.**

## **Table of Contents:**

- **1. Step 1: Stop Depending on Motivation**
- **2. Step 2: Build a Minimum Action System**
- **3. Step 3: Remove Overthinking with Action Triggers**
- **4. Step 4: Design Your Environment for Success**
- **5. Step 5: Track Wins, Not Perfection**
- **6. Book Your One on One Session**

STEP 1

# STOP DEPENDING ON MOTIVATION



I'LL DO IT TOMORROW



**INCONSISTENT  
NO RESULTS**



**CONSISTENT  
REAL RESULTS**

### ACTION PLAN



1. CHOOSE YOUR HABIT



2. SET A FIXED TIME



3. REPEAT EVERY DAY



**BOOK YOUR PRIVATE  
APPOINTMENT NOW**

# Step 1: Stop Depending on Motivation

Zyadatar log motivation ka wait karte hai. Jab feel aata hai tab kaam karte hai. aur jab nahi aata, to skip kar dete hai.

Yis wajah se consistency break hoti hai. Sach ye hai ki motivation unreliable hai kabhi high, kabhi zero.

Lekin aapka system reliable ho sakta hai. Jab aap fixed time, fixed action aur clear structure follow karte hai, to aapko sochna nahi padta sirf karna hota hai.

Yahi difference create karta hai consistent aur inconsistent logon me. Aapko motivation nahi, system chahiye.

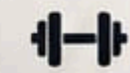
## **Action Plan:**

- \* Ek habit choose kare.
- \* Uska fixed time decide kare.
- \* Same action daily repeat kare.

STEP 2

# BUILD A MINIMUM ACTION SYSTEM

**✗** TOO BIG TO START



1 HOUR  
WORKOUT



20 PAGES  
STUDY



PERFECT  
PLAN



SMALL ENOUGH TO WIN



5 MIN  
WORKOUT



2 PAGES  
STUDY



SIMPLE  
PLAN

OVERWHELMED  
NO MOTIVATION  
GIVE UP

SMALL ACTION  
BIG CHANGE

FOCUS  
DISCIPLINE  
GROWTH

SMALL ACTIONS  
BUILD CONSISTENCY



CONSISTENCY CREATES RESULTS

## ACTION PLAN



1. DEFINE YOUR  
1% VERSION



2. COMPLETE IT  
DAILY



3. EXTRA IS  
A BONUS



READY TO BUILD YOUR MINIMUM SYSTEM?  
BOOK YOUR PRIVATE APPOINTMENT WITH ME

## **Step 2: Build a Minimum Action System**

Zyadatar log badi shuruaat karte hai. aur yisi wajah se fail hote hai.

Jab aap 100% effort se start karte hai, to aapka mind resist karta hai.

Solution simple hai: minimum action. Aapka goal hona chahiye “itna chhota step ki aap mana hi na kar pao.”

Jaise 30 min workout ke jagah sirf 2 min. Yeh chhota lagta hai, lekin consistency build karta hai. Aur consistency hi result deti hai.

Aap jab daily small wins lete hai , aapka confidence automatically grow hota hai.

### **Action Plan:**

- \* Har habit ka 1% version define kare.
- \* Sirf usko daily complete kare.
- \* Extra kare to bonus samjhe.

## STEP 3

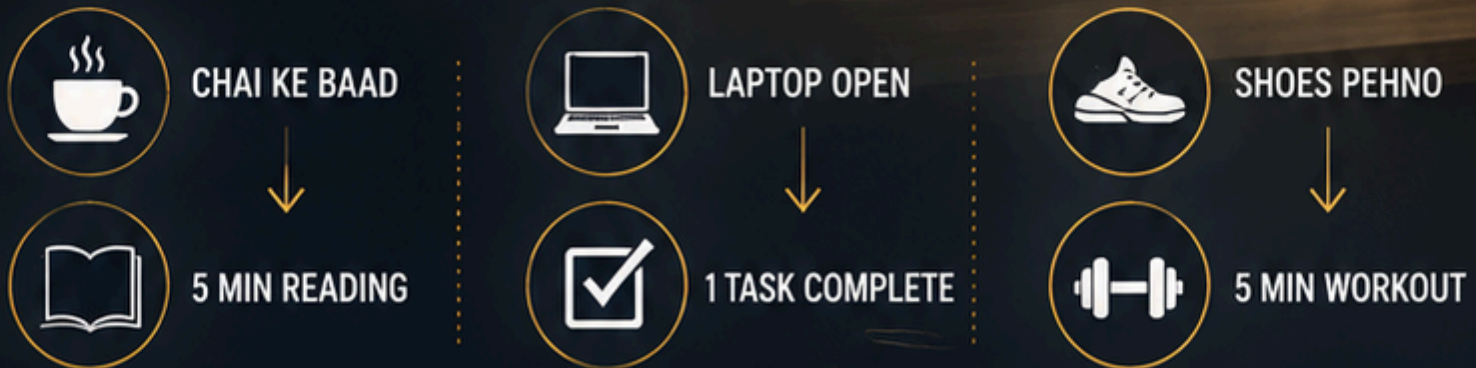
# REMOVE OVERTHINKING USE TRIGGERS



TRIGGERS CREATE ACTION



### EXAMPLES OF TRIGGERS



### ACTION PLAN



WANT CLEAR ACTION TRIGGERS?  
BOOK YOUR PRIVATE APPOINTMENT WITH ME

## **Step 3: Remove Overthinking with Action Triggers**

Zyadatar log overthinking me phas jaate hai “kab karu, kaise karu, sahi hai ya nahi?”

Aur yisi me time waste hota hai. Reality: clarity action se aati hai, thinking se nahi.

Isliye aapko triggers chahiye clear signals jo aapko action lene pe majboor kare. Jaise “chai ke baad 2 min reading” ya “laptop open karte hi 1 task complete.”

Jab trigger set hota hai, decision making khatam ho jata hai. Aap automatically action lete ho.

### **Action Plan:**

- \* Ek daily activity ke saath habit attach kare.
- \* Same trigger daily use kare.
- \* No thinking, just action.

## STEP 4

# DESIGN YOUR ENVIRONMENT FOR SUCCESS

### ✗ DISTRACTED ENVIRONMENT

- CLUTTER
- PHONE
- NOTIFICATIONS
- NO FOCUS



### ✓ FOCUSED ENVIRONMENT

- CLEAN SPACE
- NO DISTRACTIONS
- CLEAR TOOLS
- DAILY REMINDERS



### DESIGN IT RIGHT, MAKE IT EASY



REMOVE  
DISTRACTIONS



ORGANIZE  
YOUR SPACE



SET REMINDERS  
& SYSTEM



KEEP HABIT TOOLS  
VISIBLE



MAKE GOOD HABITS  
EASY

### ACTION PLAN



1

IDENTIFY TOP 3  
DISTRACTIONS



2

REMOVE OR  
REDUCE THEM



3

KEEP HABIT  
TOOLS VISIBLE



OPTIMIZE YOUR ENVIRONMENT  
BOOK YOUR PRIVATE APPOINTMENT WITH ME

# Step 4: Design Your Environment for Success

Zyadatar log willpower pe depend karte hai par environment zyada powerful hota hai.

Agar distractions aas paas hai, to focus naturally break hoga. Lekin agar environment supportive ho, to consistency easy ho jati hai.

Aapko apne environment ko aise design karna hai ki sahi habit easy lage aur galat habit difficult. Jaise phone door rakhna, workspace clean rakhna, reminders set karna.

Aapka environment aapko push karega even jab aapka mood nahi hoga.

## Action Plan:

- \* Top 3 distractions identify kare.
- \* Unhe remove ya reduce kare.
- \* Habit tools visible rakhe.

# STEP 5

# TRACK WINS, NOT PERFECTION

**✗** PERFECTION  
FOCUS

**✓** PROGRESS  
FOCUS



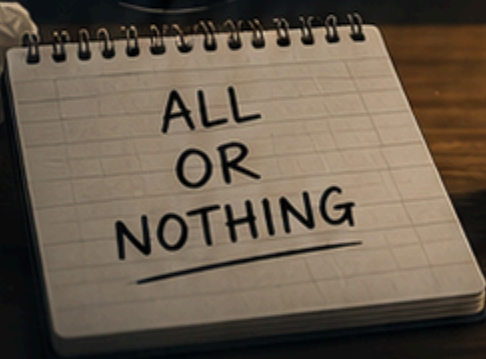
MISS ONCE



FEEL GUILTY



GIVE UP



**DAILY WINS**

		M	T	W	F	S	S
READ		✓	✓	✓	✓	✓	✗
WORKOUT		✓	✓	✓	✓	✓	✓
FOCUS WORK		✓	✓	✓	✓	✓	✗
DRINK WATER		✓	✓	✓	✓	✓	✓
MEDITATE		✓	✓	✓	✓	✓	✗

PROGRESS, NOT PERFECTION.  
CONSISTENCY WINS. ★



SMALL WINS



FEEL PROUD



KEEP GOING



BUILDS  
MOMENTUM



BOOSTS  
MOTIVATION



CREATES  
DISCIPLINE



LEADS TO  
RESULTS

## ACTION PLAN



1

MAINTAIN  
DAILY TRACKER



2

MARK ONLY  
COMPLETION



3

MISS? NO GUILT.  
RESTART.



WANT A SIMPLE TRACKING SYSTEM?  
BOOK YOUR PRIVATE APPOINTMENT WITH ME NOW.

## **Step 5: Track Wins, Not Perfection**

Zyadatar log perfection chase karte hain aur ek mistake ke baad give up kar dete hai.

Lekin real growth tracking se aati hai. Jab aap apni daily wins track karte hai. even small ones your brain progress feel karta hai.

Aur jab progress feel hoti hai, motivation automatically generate hota hai. Aapka goal perfect hona nahi hai, consistent rehna hai.

Ek miss hua? Koi problem nahi. Next day wapas aao. Yahi real discipline hai.

### **Action Plan:**

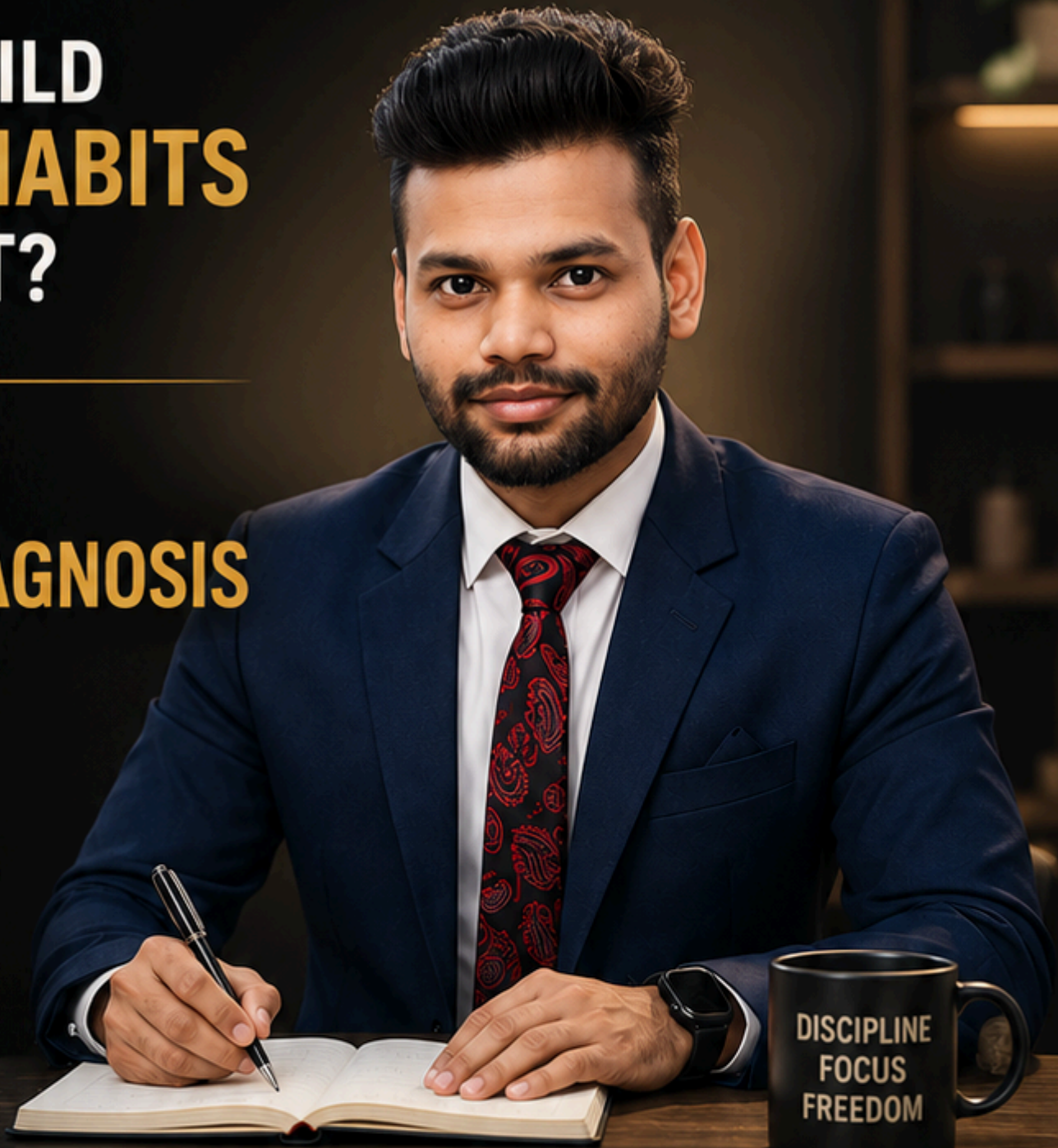
- \* Daily habit tracker maintain kare.
- \* Sirf completion mark kare.
- \* Miss hone par guilt nahi, restart kare.

# READY TO BUILD DISCIPLINED HABITS THAT LAST?



## BOOK YOUR HABIT DIAGNOSIS SESSION

Let's analyze. Let's fix.  
Let's build **your system**.



### IN THIS SESSION



**I ANALYZE**  
YOUR CURRENT  
PATTERNS



**I IDENTIFY**  
THE REAL  
PROBLEMS



**I DESIGN**  
YOUR PERSONALIZED  
HABIT SYSTEM



- NO FOCUS
- NO ROUTINE
- NO RESULTS



- FOCUSED MIND
- STRONG HABITS
- REAL RESULTS



**BOOK YOUR SESSION NOW**  
**CLICK THE LINK BELOW**



# Book Your One on One Session:

Agar aap sach me apni inconsistency break karna chahte hain aur ek proven system ke saath disciplined habits build karna chahte hai.

👉 Aap mere saath “**Habit Diagnosis Session**” book kar sakte hai.

Is session me main aapka current pattern analyze karunga, aapko exact problem bataunga, aur aapke liye personalized habit system design karunga.

👉 Book karne ke diye [Link](#) word pe click kare.

**Whatsapp: +91 9156914255**