

Sometime nothing is the hardest thing to do)

Outline

Introduction:

Thesis Statement: Nothing is the hardest because of will-power and potential towards goals and target, therefore it builds the behavior discipline, consistency and time management.

What Nothing is the hardest thing to do.

- a) Inner-self understanding is will-power.
- b) The character building is consistency.
- c) Implementation of practice with focusing is a growth mindset.
- d) Time Management is essential to accomplish targets.
- e) Learning from failure is art to progress.
- f) Mindset is not giving up ~~tt~~ until achieved.

Why is the hardest thing to do.

- a) Fearing is failure.
- b) Social perspective if I do this what society thinks.
- c) Procrastination is comfort zone.
- d) The hardest thing is changes the habits.
- e) Working is difficult with consistency.
- e) To maintain consistency is most difficult.

How to do the hardest things

- a) Positive mindset is essential.
- b) Execution is planning for working.
- c) Taking is small steps with consistency behaviors.
- d) Adopting health habit is exercise and discipline.
- e) Acceptance is fears to learn from them.

Conclusion

Where there is will, there is way to accomplish.

Nothing is the hardest to accomplish. Every person has a will-power to change their destination and accomplishment of their goals. Everyone is in world ~~say~~ that has a desire to do something different. But their fears put restriction on their growth mindset. It is most significant to take actions towards destination. For example ~~Edison~~ Edison had a goal to make a bulb; he worked for it. Even though he failed 99 times but he had believed on his hardwork and mindset. He would achieve it. This is consistency and discipline in positive attitude making every hardest thing to do. Those are combination to introduce the new innovation and productivity in society.

These are someone hardest effort who change the society by their innovated ideas and development. Nothing is too much hard to do but our mind fear cannot make us in progress towards our goals. These are uncertain to wipe out our unique ideas. Our mind has power to generate ideas, however, our habit is procrastination that does not give strength to accomplish it. Therefore the hardest is nothing, we need improvement and behavior of consistency.

Inner-self understanding is will-power. It is most significant to observe our strengths and weaknesses which are helpful to growth. It has built effectiveness and efficiency toward goal. These are contributed the greatest change in life toward destination. It can build stronger mindset which borrowed the positive perception that is our target for accomplishing. The inner changed is most effective for getting positive result. Every step of life is provided the direction to learn different thing in way of depth in knowledge. The thing is going to our way where we are sincere toward

our destination. The once wise says that The wet will power can change inner character of thoughts flows or no one has authority to change our mindset.

The Character building is Consistency that is running thing in our life in easily content. It provides that happiness is completion of task and puts our effort toward target. It borrows the Consistency in behavior and personality. It build the bricks of thought and positive thoughts. This is one of the valuable Strategy Strategies toward a Sign of Sincerity with career and progress in resilience and positive attitude to bring our life. When we see the thing harder, we cannot achieve but we take small step with consistency. It is converted to easy for us to accomplish.

Implementation of practice with focusing is growth mindset. The practice is one of significant parts in growth and progress to accomplishment our goals in better performance. For example: The footballer Cristiano Ronaldo is one of most famous footballers because he has one things different from them. That is practice, he is perfect example of practice. It make

us perfect in our skill. Where there is awareness about value of practice with consistency that makes highest growth in performance. As a result the most successful people have this thing common. The discipline comes from ~~const~~ consistency in behavior through practices.

Time Management is essential to accomplish target. It counts the time in form of schedule where they define about whole day targets and goals. They have worked on it a whole day with practicing and consistency is in ~~person~~ personality. That is builds the inner core stronger and rational in decision-making. This is most valuable when we are phase to accomplish our destination. The time reveals our worth of struggling. Because progress ^{action} speaks louder than words, the result come positive that shows meaningfulness utilizing our time. These are factor to make us discipline and positive mindset.

Learning from failure is art to progress. It provides the structure to highlight our mistakes and works on it for getting better.

Performance. Sometime it is most difficult to manage the failure in our life. because it whispers, We are not capable to accomplish our goals these are contributed to generate through flow in our life for giving up. However, we have taken our failure as a teacher who teaches us our ~~make~~ mistakes which are caused of failure. failure is essential to make us Worthful person who make themselves perfect.

Mindset is not giving up untill achieved. These are combination to constructe the Stronger mindset to follow goals and learns different skills. These are contribution the progress and growth in personality. The change comes from facing failures and not leaving our desires. These are behaviors to make the unshakable personality which can face all the hardest thing.

The most difficult moments are teacher who make us to near for understanding our core area where is our weak points. These are hit us for causing of failure. Which time is hardest in emotional breakdown passing, we make our behavior logical and critical to understand depth of problems. It can control our impulsive behavior.

The fear is failure that creates barriers to take action on our targets. These contribute to the uncertain burden of thoughts which is reduced our productivity and creativity idea flows. Because our mind does not work in pressure, it needs space of relaxation where it generates ideas smoothly. These are factors ~~which~~ ^{are} making us negative thinkers who cannot take actions towards their goals and targets. It builds the burden of fearless thoughts these ~~are made~~ make us emotional and controlled by thought.

These are social perspective our mind to make. If we do this what society thinks. When we get the failure, it will make in life where we have needed the social validation in our life. These things are hardest to manage because we lose our self-control and give to society. These are valueless decision and emotional things that are hardest to manage. But it is our mind, it has authority to control our thoughts through discipline, consistency, and positive. This is the belief system: I can perform well and my failures are best teacher. We do not need social perspective towards

my destination.

The procrastination is comfortzone that is enemy of progress and growth. When we become the habitual of our traps where we have wasted our time and resources at the useless things. How we can realize the worth of our destination and goals. Where there is wasting our good period of ideas on social media channel and tools. We have missed many opportunities to learn a new skill. Every action needs right utilization to get our life meaningful. ~~Not~~ Nothing is hardest but our comfortzone puts restriction on our growth of progress.

The hardest thing is ~~thing~~ changes habit and routine that builds the progress in growth. And getting back from comfortzones.

The small step of change is most essential because it provides a direction for learning a new skill. Which is boosting confidence and makes a self development. Everyone has their own choice but they have failed to adopt a new habit. These are steps to learn positive attitude and resilience in life.

To maintain consistency is most difficult in individual life because it has built a bore activity to follow same schedule in daily basis. The regular followed the routine is one of most challenges activities. Where Individual feel that I should leave this because I am not capable to accomplish it. These are question making self-doubts and fears of fears. But these can manage them in positive way, they will win the match of struggle. The most successful wrestler is Muhammad Ali who always talks himself in positive words. These are repeatedly to say themselves that I am the best. It makes a powerful too for making consistency.

Positive mindset is essential. It gives the direction to take failure results into positively contents that are most meaningful activities in human life. This is common to think like I cannot do it and accomplish but the positive mind perspective pushes toward a destination. It helps to find possible outcomes to achieve our desire. These are step to contribute the progress and self development. The consistency is most beneficial activities.

Execution is planning for working. It is measurement to bring the positive view on the hardest things in the time. Where no one can understand situation and condition, we need to self-talk and doing activities which can motivate us towards a destination. The thing is harder but our inner-mindset makes it easy for us to accomplishment. These are most significant tools to maintain stronger behavior and control the situation which makes us the weaker towards a goal. Therefore we followed the rituals of bringing positive behaviors these are discipline, consistency, and mindset.

Taking is small steps with consistency behaviors. These are factors which describe the book of 7 habit higher effective individual personality. It defines the value of taking smaller steps are build the bricks and convert it into wall. The growth and progress both need well structure infrastructure to accomplish meaningful results and positive behaviors. Because the consistency is made discipline to make hardest thing easily accomplished in our life.

Adoption health habit is exercise and meditation. These are most difficult but produces the meaningful life. It builds the individual life that is most worthful. The health habit generates the ~~mental health~~ mental health. It ~~has~~ It makes inner-peace and spiritual satisfaction. Then the human become to generate more productivity in the hardest moment of time. Nothing make them demotivating. Because they are builder of characterfulness, it makes themselves the happiest person who can control their decisions.

Acceptance is fear to Learn from them. Most Majority of successful person is proving themselves through their actions. Thus they know the strategy of controlling fears and learn from their weakness to convert into strengths. These are ^{impulsive} essential to analyze in human life. Because our ^{impulsive} control is strongly commanated to our miniset, It generates over burden of negative thoughts and consequently it generate overthinking, overthinkings, doubts, and fears of failures. These are acceptance to our flaws and weakness.

In wind up, To do nothing at all is the most difficult thing in the world. It makes the positive attitude and grasp to understand ourselves. The time where is silence and no one can understand the deep of emotional mindsets. The finding ourselves is in the hardest moment where is not existing of peace of mind. But overburden is thought which has impacted progress and growth. There is no direction to do anything. The feelings is worthless existing in world. Therefore we have learned from them the value of motivate that can change our life and society. Because the most significant changes starting from the inner-peace and happiness. Which can ~~conver~~ convert our life purposive and worked for achieving our targets and goals.