

CONSCIOUS COMMITTED CONSISTENT

A GUIDE TO BE
MORE MINDFUL & PRODUCTIVE

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Prologue

There comes a moment in life when you realize something needs to change.

Complacency. Routine tasks. Disorientation...

Newsflash: it's time to refresh.

It's not about perfection, competition, or pretending to have it all figured out. It's about becoming more **aware**, staying **true to what matters**, and showing up **day after day**.

Conscious means more than opening your eyes. It's about seeing deeper and thinking for yourself. **Committed** means making a deliberate decision to match your actions with your purpose. **Consistent** means showing up at regular intervals to ensure your decisions take root. Eventually, growth will become your natural cadence.

This isn't a quick fix. It's a shift for your reality; a return to power.

This is a thematic book split into three parts.

It begins with consciousness because everything starts with the mind. Before you change your habits or hustle, you have to change your lens.

If your thinking is off, your strategy won't work.

Consciousness is the foundation. From there, all else follows.

Commitment and consistency are close, but they're not the same.

It's easy to confuse the two. Nevertheless, there's a key distinction:

- **Commitment is the decision.** It's when you declare your direction and say, "I'm in: all gas, no brakes." It's a promise to yourself that you must uphold.
- **Consistency is the practice.** It's what happens the next morning, the next week, and so on. It's proof of the commitment shown through repetition and resilience.

One is a moment. The other is a pattern. **You need both.**

Whether you're rebuilding, rising, or just getting started—this book is for you. Take what resonates. Challenge what doesn't.

Rick Ross said on his 2010 track "MC Hammer", "It's Triple C's, color cut clarity."

I took that Triple C and turned it into Conscious, Committed, Consistent.

Let's go.

Acutely Aware

We live in a world moving at the speed of distraction. Notifications and obligations — they occupy our time.

Most people aren't fully engaged with their lives. Instead, they respond to what life throws at them. What's missing? **Awareness.**

What Is Awareness?

Awareness is the moment you step outside and ask:

“Why am I doing what I'm doing?”

It's about noticing how your thoughts shape your feelings and how your patterns shape your future. You realize that you're not here to exist — you're here for a *reason*.

Living On Autopilot

The human being reacts, performs, and survives but rarely reflects. We do the same thing in our relationships, jobs, and spirituality. This serves as autopilot.

Autopilot is comfortable, but it's also volatile. You can build an entire life that looks successful but feels hollow. You can chase goals that were never even yours.

Awareness interrupts that model. It puts the steering wheel back in your hands.

The First Step To Change

You can't fix what you don't see.

You can't heal what you don't feel.

You can't overcome what you refuse to confront.

Every transformation starts with a mirror. Not to judge yourself, but to *see* yourself. To be honest about your strengths, flaws, fears, and desires. To ask: *Who am I?* and *what kind of life do I want to create?*

Self-Awareness vs. Self-Judgment

Let's be clear: *awareness* isn't about beating yourself up. If you want to do better, you need to see better.

The view may not be what you wanted. That's okay. A clear vision allows you to make improvements.

If you've been inconsistent, unmotivated, or lost — don't feel guilty. Give yourself *grace*. Great things take time; you just have to work toward them.

Questions That Spark Awareness

Start with reflection. Take a moment, shut everything out, and ask yourself:

- What actions do I take that conflict with my desired identity?
- Where in my life am I operating out of fear or habit?
- What am I ignoring that makes me uncomfortable?
- When was the last time I felt alive and what was I doing?

These questions create space for honesty, and that's where awareness thrives.

Think About It

You've got a purpose that requires your full attention. You've got dreams that can't survive your distractions. You've got people depending on the version of you that only shows up when you live with awareness.

So take a breath.

Put your feet on the ground.

Look around and ask:

"What needs to change now that I'm aware?"

Recognizing Patterns

In order to rewrite your story, you must understand the script. The script is often written without your consent.

Each day, we follow patterns from our childhood. Our environments influence these, and repetition occurs gradually. They affect how we analyze and interact. They also affect our views on wealth, work, and time.

Without insight, you will unconsciously repeat these activities.

Where Patterns Begin

Patterns start early.

Sometimes it's your mother's anxiety that taught you to overthink.
 Your father's silence that taught you to avoid emotions.
 A culture that said, "Success looks like this."
 A religion that taught with rigidity instead of compassion.

The point isn't to blame. The point is to *recognize*.

Awareness says: "*I see what molded me, but I'm not bound by it.*"

Uncovering Your Programming

Programming is practical. You might:

- Push love away because someone taught you that vulnerability is weakness.
- Press pause on your momentum because it feels too real, too fast.
- Stay in toxic spaces because you've become acclimated.

These behaviors are stemmed in beliefs. Even if they're false, they have been your internal operating system.

Until you accept your beliefs, your patterns won't go anywhere.

When you become aware, you stop drifting and *start driving*.

We serve God as the one true God with no partners, no children, no associates.

He's the sole Creator that has created the Heavens and the Earth and we only can grasp so much; a higher power that has bestowed us with a higher calling.

There's a divine part of this process that cannot be ignored.

By following these steps, you will start to recognize your patterns and realize they come from your *conditioning*. Then, you must make a compelling choice: respond with awareness, not autopilot.

Imagine yourself split into orbs of light, scattered in the troposphere. With sincere thought, the orbs of light begin to align into one synchronized line and create a formation that leads to the Heavens. That's when elevation begins—not only in your life, but in your soul.

More Intentional, Less Reactional

If you're reading this, it means you want to change. You want to lead your life with aim rather than merely reacting to it.

Instead of living in a sequence that replies to whatever show up, you must make a conscious effort to move with intention, not impulse.

This may sound easier than done. Our lives are routine enough as it is:

Responsibilities and bills.
The weight of consequences.
Unprocessed emotions.

You have a desire to understand yourself and the world at large. Therefore, you must stand in command so your future brings you peace, not regret.

Intention Explained

Intention is **living on purpose**. It's about saying: "*This is how I want to feel today. This is who I want to be today. This is how I choose to show up.*"

It doesn't mean you control everything. Some things are simply out of your control. Yet, it does mean that **you control how you respond**. You stop giving your energy away and start investing it into what matters.

The Cost of Reaction

Living in reaction is exhausting. You're always behind. Always catching up. Always pulled in 10 directions. You start confusing movement for progress.

Your schedule is full, but that doesn't mean you fulfilled your soul. Just because you're doing a lot doesn't mean you're going anywhere.

Reaction keeps you *busy*. Intention keeps you *grounded*.

Three Areas to Set Daily Intentions

You don't have to flip your whole life overnight. Start with **daily intentions** in three key areas:

1. Mindset

Ask: *What energy do I want to bring today?*

Choose an area of focus: Peace. Confidence. Patience. Gratitude.

Anchor yourself in it every morning before the day pulls you off track.

2. Actions

Ask: *What are my top priorities today?*

Not tasks, but meaningful moves toward your goals. Cut the noise and make room for essential impact.

3. Character

Ask: *Who do I want to be in the face of challenges today?*

Even if things go wrong, who will I *remain*? Calm? Faithful? Focused?

Control your integrity.

Sunup to Sundown

Here are a few simple practices to hone this habit:

Morning Check-In

Before you grab your phone, before you go to work, before you hit the gym — think to yourself:

- *Today, I intend to feel:*
- *Today, I will focus on:*
- *Today, I want to embody:*

Up & Adam

Right after you wake up, your brain is in a theta-alpha state. This makes it open to suggestions and ready for setting intentions. (source: Journal of Neurophysiology).

- When you write your intentions, your focus begins to organize itself around your plans. You start noticing opportunities, patterns, and signs that were always there but you didn't have the knowledge to catch them.
- Research shows that setting intentions helps with mood, decisions, and getting tasks done. (source: Psychological Science).

Midday Reset

Halfway through the day, pause and ask yourself: *Am I still aligned with my intention?* If not, *realign*. Don't wait until tomorrow. Reset **now**.

Why it matters:

- Attention tends to wander, so it's best to take breaks and work in short periods.
- Taking a midday break improves self-awareness and reduces stress by activating the prefrontal cortex, which helps with focus and behavior control. (source: Kandel et al., Principles of Neural Science)
- Mindful check-ins boost emotional control and reduce cortisol levels. (source: Journal of Occupational Health Psychology).

Evening Reflection

End your day by asking:

- *Where did I go intentionally?*
- *When did I react unconsciously?*
- *What can I adjust tomorrow?*

Why It Matters

Reflection turns on the default mode network (DMN). This is your brain's system for looking inward. It helps you understand and connect your experiences. (source: Simply Psychology)

Journaling at night improves sleep quality, decision-making, and long-term emotional intelligence. (source: APA).

Reflective practices support a growth mindset. They help improve skills throughout time. (source: Harvard Business Review).

Bottom Line

These practices help to:

- Increase mindfulness and metacognition
- Train your attention to focus on what matters
- Decrease stress and reactivity throughout the day
- Improve sleep, precision, and mental finesse

Your Life Is a Canvas

You're painting every day. Each decision, each thought, each preference is a stroke on canvas.

Reaction hands the brush to the world. *Intention* keeps the brush in your hand.

You don't have to live like yesterday. You don't have to repeat your defaults. You don't have to be who people expect. You get to *choose*.

That choice — over time — becomes your life. And with God's permission, the art you create will become priceless.

Stay Woke

Self-awareness is one thing, but there's a huge, big world out there. The information that's pushed is not always the truth.

Narratives are manufactured.
History has been altered.
Distractions are designed.

The system wasn't designed for your freedom. It was made to dominate your focus, faith, and family. If you want to live free, you have to be **awake**.

The War for Your Mind

There's a plot put in place to capture your consciousness, woven through the news, music, and trends that seem harmless, yet they slowly sculpt your understanding of reality

None of it is accidental.

You're not crazy for questioning it. When you're not thinking for yourself, someone else is thinking for you.

Question Everything

Being conscious means asking:

- Where did this come from?
- Why is this being promoted right now?
- Who benefits from this effort?
- Why do I feel this way?

Governments lie. Corporations manipulate. Religions have been infiltrated.

If you never question, you'll consume. And eventually, you'll be consumed. When you start asking questions, you begin to unravel layers upon layers, and you'll be surprised at what you find.

Know The Real History

In order to fortify your future, you need to know your past.

History is about frameworks and accounts that oversee how we live, think, and see ourselves. Knowing real history helps you see injustice. It allows you to reclaim your identity and resist being misled.

Your Homework

- **Question the textbook version.** Public school curricula often leave out uncomfortable truths. Go deeper.
- **Read work by real scholars of shared values.** Start with books by authors that look like you and relate to you.
- **Watch documentaries.** Real and unknown stories can educate and provide great entertainment.
- **Study local history.** Learn what happened in your city or state. Many fun facts and injustices occur close to home.
- **Have intergenerational conversations.** Ask elders about their experiences—what they share isn't widely known.
- **Fact-check the story.** Don't take headlines or viral posts at face value. Do your research from reputable sources. And then, fact-check that research.

Who Really Runs The World

It's not the president. It's not the influencers. It's not the billionaires with popular brands.

God is in control. He always has been and always will be. God says in the Qur'an in Surah 6:59, "With Him are the keys of the unseen—no one knows them except Him. And He knows what is in the land and sea. Not even a leaf falls without His knowledge, nor a grain in the darkness of the earth or anything—green or dry—but is 'written' in a perfect Record."

Furthermore, there are orders behind the scenes.

The money behind the curtain.

The unseen architects of culture and policy.

You may not notice them, but their impact is everywhere.

Being conscious means asking deeper questions. It means noticing the repetition.

- Why do banks and interest-based systems keep entire nations in cycles of debt?
- Why does the healthcare industry often focus on treatment rather than permanent healing?
- Why does entertainment glorify dysfunction and diversion over empowerment and education?
- Why are algorithms coded to keep you scrolling and absorb your time?

Staying conscious means pulling back the curtain. Once you wake up, once you see it, you can't *unsee* it. And once you know, you're responsible for what you do with that truth.

Spiritual Eyes in a Deceptive Time

This isn't just about politics, media, or power structures. It's deeper than that. It's spiritual.

We are living in a time where disruption is constant and deception is subtle.

Some forces, both seen and unseen, want to keep people numb and astray.

They want you to chase an image over transparency.

Unethical over moral.

Division over unity.

And the most dangerous part? Many don't even know it's happening. They're unconscious.

So keep your spiritual eyes open.

In times like these, staying awake is more than being wise.

What Can You Do?

1. **Think Critically** Don't take anything at face value. Dig. Question. Research. Learn who owns the media. Learn the symbols. Learn the institutions.
2. **Study Real History** Read books that weren't assigned in school. Study revolutionary thinkers. Discover the truth about your people, culture, and customs.
3. **Control Your Input** If you feed yourself falsehood, you'll start to believe it. Protect your eyes, ears, and mind with extreme caution. When you find the truth, don't deny it. Accept and share it so others can benefit. But remember, the truth can be hard to hear.
4. **Connect With Others** You're not alone. Many people are waking up. Build with them. Study with them. Speak truth at an amplified volume.
5. **Anchor Yourself in Faith** This world is temporary, but the unseen is eternal. Stay on alert and protect your heart. Truth without faith will leave you lost. Truth with faith will help you understand why you're here. The world needs your vision, consciousness, and contribution. Therefore, you have to be real with yourself and make these changes for *you* and no one else.

Let's continue.

Emotional Honesty

Being conscious means questioning the world at large, but it also means questioning what's happening inside yourself. It means taking an introspective look within to trace your past to present choices and seeing if you're really content with your decisions.

How Do You Feel?

No, really, how do you feel? Can you internalize without suppressing your emotions?

- Anger? Take it in.
- Sadness? Let it rise.
- Joy? Don't shrink it.
- Curious? Seek answers.
- Nervous? Breathe in, breathe out.

Consciousness means learning to *listen* to what your mind, body, and soul are telling you.

Suppression Isn't A Flex

You might have learned that being strong means not showing your feelings. That crying is a weakness, as if your feelings don't matter unless they're convenient for others.

These are incorrect.

- **Avoiding emotion creates numbness.**
- **Suppressing emotion creates explosions.**
- **Dismissing emotion creates detachment.**

Emotional honesty means knowing your sensitivities by name. What do they look like? What triggers them? How long have they been in existence? It's about saying what you feel and deciding how to show it. Do this without hurting yourself or others.

Feel It, Then Own It

The most grounded people aren't the ones who never blow up or cry rivers. They're the ones who can say:

"I feel off today and I'm taking time to understand why."

"I'm feeling triggered, but I know it's deeper than this moment."

"I feel happy right now, and I'm going to embrace it."

That's emotional honesty.

Conscious of Your Impact

Emotional awareness doesn't stop with you.

Once you start owning your feelings, the next step is to become **conscious of how you make other people feel**.

You may not realize it, but distance can creep in and honesty can come across as harm.

Ask yourself:

- *What energy do I bring with me?*
- *Do people feel seen and heard when they talk to me?*
- *Am I holding space or dominating it?*
- *Do I take feedback as an opportunity for improvement or as a reflection of my character?*
- *Am I emotionally safe for others to be around me?*

Pause. Reflect. Respond.

Being conscious **means owning your impact** and the ripple affect it can have on others. This skill allows you to no longer let emotions lead your words. You stop apologizing for having feelings and start learning from them.

Consciousness gives you a gap between emotion and reaction. And in that gap is your capacity.

Final Thoughts

Don't run from how you feel. Confront your emotions, be aware of how you may make someone feel, and do what's best for you.

Remember: you're not alone. God is with you every step of the way.

Locked In

Commitment isn't fun. It's not glamorous and it doesn't give you instant gratification. Commitment is what shows up *after* the hype and the inspiration wears off.

In a culture addicted to speed, comfort, and “new,” commitment feels like a rebellion. But it's exactly what separates those who *start strong* from those who *finish well*.

What Is Commitment?

Commitment requires saying yes *again and again*, even when the feelings are gone.

It's when you:

- Wake up early, even though you're tired.
- Choose prayer over hanging out.
- Say no to temptation because your higher self said so.
- Keep your word even when it costs you comfort.

Without commitment, you'll keep starting over instead of going to the next level.

No Quitters Allowed

We live in a generation that confuses discomfort with danger. As soon as something feels hard, boring, or inconvenient, we abandon ship.

- Don't feel motivated? “I'll get back to it.”
- Hit opposition? “Must not be for me.”
- Didn't go viral? “Must not be worth it.”

Expansion doesn't happen when you want it to. It's a natural progression.

If you want to be amongst those that rise to the top, and everyone's “top” is not the same, then you have to see it through.

Commitment is a Muscle

Mental fitness takes skill.

Like a muscle, commitment develops through:

- **Repetition** – Do it even when it's small.
- **Resistance** – Push through what makes you want to quit.
- **Recovery** – Learn to rest, not retreat.
- **Reminders** – Keep your why at the forefront daily.

Commitment vs. Motivation

Motivation is a feeling. Commitment is a mindset.

Motivation asks, “*Do I feel like it?*” Commitment says, “*It doesn't matter.*”

Motivation comes and goes. Commitment stays and adapts.

You won't always feel inspired. You won't always feel ready. But you can always choose to show up.

Two Letters

Commitment comes with *sacrifice*.

You will have to say “no” to:

- People who don't respect your focus
- Opportunities that don't line up with your vision
- Your old self

You have to learn to put your foot down because people *will* abuse your kindness. You must be rooted in your “why”. Like Brother Malcolm said, “*A man who stands for nothing will fall for anything.*”

Commitment would be incomplete without the ability to say “no”.

Dark Days

There will be days where you want to give up.
Where doubt screams louder than belief.
Where the old you tries to make a comeback.

In those moments, repeat this statement:

“I’m not committed because it’s easy — I’m committed because I was born to win.”

That’s when you lock in. That’s when you become unstoppable.

No Turning Back

Life is a journey, and we're all going somewhere. If you want to change, you must decide:

“Am I all in, or do I still have a way out?”

There's a phrase - "*burning the boats*" - that comes from a legendary military tactic. Some commanders would burn their ships upon reaching enemy shores. This way, turning back wasn't an option. It forced their troops to commit; *to win or die trying*.

Now, most of us aren't storming beaches. But we do stand at the edge of our own battles. And too often, we keep our “boats” in the water too long—our safety nets, backup plans, and excuses. Well, it's time to take those excuses, put them in a balloon, and watch them fly to the sky. Upgrading demands you to choose commitment over contentment.

Why the Hesitation

You don't have to be on a battlefield to relate to these notions. You face it every time you say you want something. For example:

- You want to start the business, but you never stop talking about job security.
- You want to lose weight, but you keep buying junk food.
- You want to heal, but you still run back to the toxic relationship.
- You say you're serious, but your actions give “delay” and “what if it doesn't work?”

That's not commitment. That's hesitation disguised as logic.

How are you going to commit when most people don't? And why?

Again, *commitment* over contentment.

Learn to Let Go

Burning the boats means you stop feeding your old life while claiming to want a new one.

It can look like having honest conversations with the people around you, letting them know you're serious about the direction you're going and the changes you're making.

Or, choosing to go home when you know staying out will weaken your discipline.

Whatever it is, it's a **line in the sand**. A moment where your actions finally match your words.

Delete Plan B

When you remove the option to quit, a metamorphosis occurs. You go harder. You trust yourself. You start finding solutions you wouldn't have noticed if leaving was a consideration.

Commitment Changes the Atmosphere

When you go all in, the universe responds.

People begin to respect your decision.

You gain clarity because you're no longer straddling indecisiveness.

This process puts pressure on your potential, and pressure makes diamonds. This is really pushing P.

The Danger of Half-Commitments

Being "kinda committed" is exhausting. You'll feel the pull of two forces: your future urging you on and your past pulling you back.

That tug-of-war drains your motivation and ultimately, you either experience burnout or face a breakdown.

Questions to Ask Yourself

- What “boats” do I need to burn?
- What am I afraid to let go of, and why?
- Am I truly committed or just curious?
- If I knew I couldn’t fail, how would I move differently?

Stop negotiating with your old self because it’s just an invitation to compromise.

Dealing With Doubt and Distractions

It doesn't matter how clear your vision is: Doubt and distractions *will* show up. Not once, not twice, but repeatedly. As you focus more on your mission, the noise gets louder.

This chapter is about learning how to recognize it, respond to it, and rise above it.

The Voice of Doubt

Doubt often comes as a whisper. In Islam, this whisper is understood to be Shaitan (the devil). Ever heard these before?

“What if you’re not ready?”

“What if no one cares?”

“What if you fail?”

“Who do you think you are?”

Sometimes, it sounds like reason. Other times, it hides behind perfectionism. These thoughts can be attributed to the devil, and you must master how to mute him.

Doubt is sneaky. It doesn't tell you to quit. Instead, it slows you down, makes you hesitate, and causes you to second-guess yourself. This happens long enough to kill your stride. But, it retreats when you reclaim the courage to keep moving.

Where Does Doubt Come From?

Doubt comes from the following:

- **Past experiences** where you failed or felt judged
- **Cultural or family programming** that impacted your dreams
- **Comparison with others** who seem “further ahead”
- **Fear of success** because success often demands change and responsibility

Being conscious means noticing where doubt comes from and realizing it's a scheme.

Being committed means hearing what the top of the mountain looks like, but locking in on the hike until you reach it yourself.

Dealing With Distractions

If doubt is the internal battle, distractions are the external ones.

Distractions are anything that take your attention, energy, or focus away.

And today, they're everywhere:

- Drama
- Comparisons
- Procrastination
- The opposite sex

Distractions don't always feel like a threat. Sometimes they feel like a break, a reward, a "one night only". But over time, they build a wall between you and your calling.

Every time you check your phone, delay a project, or get pulled away, you make a trade.

You trade clarity for clutter. Momentum for stillness. Progress for comfort.

You don't need more time. You need more focus.

Distractions lose their strength the moment you stop enabling them.

How to Push Through Doubt

1. **Acknowledge it** Don't ignore or suppress doubt. Name it. Speak it out loud or write it down. When you face it directly, it will shy away.
2. **Is this fact or fear?** Separate the truth from emotional resistance.
3. **Remember your why** When the fear feels loud, reconnect with your purpose. Doubt can't thrive where purpose is clear.
4. **Move anyway** The best way to silence doubt is through action. Start small and grow from there.

How to Block Out Distractions

1. **Create structure** Plan your day in advance. Time-block your priorities and limit access to what throws you off course.
2. **Protect your energy** Assess your environment and relationships. Are they helping you or holding you back?
3. **Unplug regularly** Silence the noise so you can hear yourself think. Even 30 minutes of digital abstinence can bring clarity.
4. **Make your environment support your goals** Surround yourself with reminders, books, and visuals so they push you toward positivity.

Be Patient, But Be Yourself

You're human. You'll experience doubt. You'll deal with distractions. That's ok.

The goal isn't to become immune. The goal is to become aware. So when the voice of doubt whispers, you don't freeze—you recognize it and persevere. And when distractions call, you know how to say *not today*.

Keep going. This is sacred discipline.

You Are What You're Around

You can't advance by surrounding yourself with people that are committed to staying the same. It's not personal—it's **principle**. Your circle either helps you up or drags you down. So if you're serious about becoming committed, you have to audit the people around you with respect and nobility.

The Power of Proximity

The people closest to you affect:

1. Your mind
2. Your standards
3. Your confidence
4. Your habits
5. Your vision for what's possible

Being around five people who gossip, complain, and settle will influence you. You might start to act like them, even if you don't mean to. But, being around five people who drive their elevation to **new heights** will help you reach your goals. They support you and hold themselves accountable, making your quest easier.

Signs Your Circle Needs to Change

Energy is the invisible force you sense in the body, the room, and life itself. It can be sliced with a knife or a shadow walking on needles.

However, energy can be **draining**, leaving a quiet weight that lingers long after the interaction ends. Around certain people, it becomes impossible to be fully authentic, holding back parts of yourself that matter most.

Ambitious goals start to feel too large to voice and too fragile to expose, while choices require endless justification to those who don't understand the person you're becoming. When this becomes the norm, it's a clear sign that your peers may no longer be in line with the person you are meant to be.

Evolution

Enhancing your community doesn't mean you cut ties with all your friends. You can grow without isolating yourself. However, it does mean spending more time with people who match your essence. Also, seeking out mentors, coaches, and peers who challenge and inspire you will aid you in this effort.

You need people that will contribute to your evolution.

Elimination

Everybody can't go. You're not better than them because of this. You are simply moving in another direction at a different speed.

Elimination doesn't always mean cutting people off. It means **redefining access**:

- Loving people from a distance
- Establishing boundaries
- Choosing not to engage in conversations that pull you backwards

You can choose who gets front-row access to your life.

You can love people and still protect your peace.

You can honor your past and still enter your future, and there's nothing wrong with that.

Final Thought

Your network is a crucial part of your environment.

Connect with sincerity, guard your morals, and don't be afraid to move beyond what no longer fits.

The Bridge

Congrats. You've made the decision — you're all in. That's **commitment**.
And now you're trying to show up *daily* — that's **consistency**.

The gap between *deciding* and *doing* is where most people fall off.

Now, let's build **the bridge**.

Consistency

Definition

A firm decision, vow, or internal agreement

A steady pattern of follow-through

Driven by

Passions, values, vision

Discipline, habits, rhythm

When it shows

Moments of choice and hardship

The hustle and grind

Key questions

“Am I in this for real?”

“Am I showing up even when I don't feel like it?”

Risks

You drift and lose guidance

You stall and lose focus

Being committed without consistency is like planting a seed but never watering it. In order for it to survive, it has to be cared for and nurtured. Otherwise, it dies.

Why You Need Both

Commitment and consistency work hand in hand.

When they don't work together, big plans turn into empty words. A glimpse of success appears, but it never lasts to go from moment to milestone.

When you link the two, your goals become apart of your identity. You stop asking, “*Should I?*” and start saying, “*This is who I am.*”

The Fusion

1. Anchor Your Commitment in a “Why”

Your commitment has to come from something *real*. Ask yourself:

- What am I committed to?
- Who do I become when I follow through?
- What story am I ready to tell?

Without a strong “why,” you’ll fall for easy exits.

2. Turn Commitments into Routines

Big commitments need *small routines*. Don't make it harder than what it has to be.

Examples:

- Value: Physical health → Routine: Gym on Mon/Wed/Fri at 8 AM
- Value: Spiritual growth → Routine: Qur'an + morning reflection after every Fajr prayer
- Value: Discipline → Routine: No screens one hour before bed.

Without a routine, your commitment remains a *wish*.

3. Make It Trackable

What gets measured gets maintained.

You don't need fancy apps or a paid coach. A basic notebook or calendar gets the job done.

Monitor the days you showed up, what actions you took, how you felt afterward, and what disrupted your flow.

This also builds self-awareness, which we covered in part one.

4. Use Accountability

Commitments grow stronger when someone else is watching. They serve as a good reminder.

Find a partner, mentor, or group that's willing to help you change. Check in weekly. Celebrate wins. Share setbacks. *Keep it real.*

“Did you do what you said you would do?”

Accountability can change your life.

5. Walk It Off

In sports, when you take a hard hit or sprain an ankle, coaches don't pull you aside and tell you to have a seat. They don't label you a failure. They tell you to walk it off and get back in the game. Life works the same way.

You will slip. You may even fall. That doesn't mean you've lost. Shake the stumble and regain your footing.

Use these moments as checkpoints for reflection. Ask yourself what sparked the shift in your behavior. Notice what barrier surfaced and how it changed your trajectory.

When you treat each trip as a learning experience, you strengthen your foundation and solidify the bridge.

Proceed.

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Systems

Aisha (May God be pleased with her), was one of the wives of Muhammad the Prophet (the prayers and the peace be upon him). She reported the following narration:

The Prophet Muhammad (may peace be upon him) was asked, "What deeds are loved most by Allah?" He said, "The most regular constant deeds even though they may be few." He added, "Don't take upon yourselves, except the deeds which are within your ability." (Sahih al-Bukhari 6465 Book 81, Hadith 54)

By Design

A system is a repeatable process. A rhythm. A structure that helps you win by default. It's a way of designing yourself so that your success becomes predictable.

Systems are tools that do the thinking for you, giving you more time to distribute elsewhere.

Examples of Systems

- A morning routine that gives you a great start
- A calendar that blocks off time for priorities
- Auto-payments for your expenses
- Work in a focused location like a library or quiet café.

Systems Work Better Than Willpower

Willpower was never meant to carry your entire life. It's a short-term resource that weakens under pressure, fatigue sets in, or when emotions take over. Some days it feels strong, other days it barely shows up. Since it's inconsistent, it can't be trusted for lasting change.

How to Build a System

Conversely, systems don't depend on how you feel. They still function when your energy is low and your motivation is subdued. They remove the burden of constant decision-making by creating blueprints, which frees your mind to concentrate on execution instead of debate. Over time, systems generate velocity because action becomes automatic, not optional.

You don't have to change everything at once. Start small and build from there. Here's a plan to get you started:

1. Identify the Goal

What do you want to become more consistent with? (Family time, writing, finances, prayer, etc.)

2. Define the Behavior

What small, specific action will move you toward that goal? (i.e., 20 minutes of an audiobook every day)

3. Create a Trigger

What will remind you to do it? (Alarm, your spouse, after a walk)

4. Simplify the Environment

Make it easy to start and remove conflicts. Put your holy book on your kitchen table. Keep healthy food visible. Turn off distractions in advance.

5. Track It

Use a calendar, journal, or app to track your consistency. When you begin to check off boxes, you encourage yourself to keep going.

6. Review + Adjust Weekly

Check to see what worked and what didn't. Make micro-adjustments instead of giving up.

Overall Strategy

The most consistent people aren't the strongest. They're the most strategic.

They don't rely on willpower. They build environments, habits, and routines that help them succeed, even on their worst days.

This is the great divide between people that get it done and those who wish they could.

Reflection: Create One System This Week

Pick one area of your life where you've been inconsistent. Now ask:

- What system can I put in place to reduce friction?
- What's the smallest step I can repeat daily or weekly?
- How can I observe and review my progress?

Commit to one new system for the next 7 days then adjust where necessary.

Final Thought

Willpower may win the battle, but systems win the war.

If you want to be consistent, don't depend on how you feel.

Construct a life that salutes the person you are becoming.

Keep Going, Even When No One's Clapping

It takes a unique strength to keep going when no one notices, celebrates, or applauds your hard work.

Staying motivated is simple when you get praise, likes, and compliments. In addition, when you make headway, it boosts your self-esteem.

But what about the days when no one notices your effort? Days when you're alone and there's no one there to push you to go harder? You feel like you're doing the right thing but it's as if nothing is working.

That's where real consistency kicks in.

Sweet Validation

Recognition feels great. It makes sense to want acknowledgment. But relying on it makes your consistency depend on the outside world and *that's* problematic.

If people have to clap for you to keep going, then you need to ask yourself who are you doing this for and why. Applause shouldn't affect whether you continue or call it quits

Internal vs. External Rewards

Consistent people focus on internal harmony instead of seeking external validation.

External rewards:

- Applause
- Social media love
- Awards and accolades

Internal rewards:

- Knowing you kept a promise to yourself
- Seeing your own growth
- Standing firm in your faith and sharp in your thinking

When you focus on internal rewards, you become a force to be reckoned with.

The Quiet Work

The unseen work is the most important work. It's found in the prayers no one knew you made, the workouts you showed up to when no one was watching, and the content you shared even when the views were low. It lives in the therapy sessions, the journaling, the tears you processed in private, and the moments you chose not to quit when quitting would have been easier.

This is the work that shapes your character. When you lay the groundwork privately, you create something solid enough to stand on publicly. When your efforts finally become visible, they won't just be impressive. They'll be earned.

Stay Rooted in Your Why

When the applause dissipates and recognition is absent, return to your why. Why did you start this journey? What are you building, and who are you becoming?

Consider the cost of giving up now. What would it take to walk away from everything you've invested? The time, the energy, the sacrifice.

When you reconnect to your reason, you move with conviction.

May you be guided by the vision that started it all.

U + 4 Walls

There's something special about the "no one's watching" phase:

- You make mistakes without drawing attention.
- You develop real humility
- You yearn for productivity, not performance
- You prove to yourself that you're serious

Don't rush through this season. It's the baseline that makes a great story and defines your character.

All plants start underground before they sprout to the surface. This is a sign from God for us to reflect on.

Small Wins, Big Motion

When thinking about transformation, it's easy to imagine big, dramatic moments: the launch of a business, a viral post, a new car, or a striking before-and-after image. But real transformation rarely begins with explosions. It starts quietly, with a spark—a small action that feels almost insignificant. That spark is easy to dismiss, yet it carries the potential to shift everything. Each small win adds to the next, compounding over time, creating unstoppable momentum. It's the accumulation of tiny, consistent steps that contribute to your emergence.

Baby Steps

A small win is any intentional action that pushes you forward. It can be finishing a book, making a call, or choosing to remain calm instead of reacting in anger. These moments may feel small on their own, but each one is a deliberate step that reinforces the habit of “follow-through”.

Small Wins Ignored

It's simple to fixate on the highlight reel and ignore smaller victories. When change doesn't appear suddenly, thoughts like, “I don't see a difference” or “Why isn't this happening faster” start to creep in.

Long-term change unfolds through subtle turns in behavior, perception, and wisdom. Focusing only on dramatic breakthroughs can cause steady paths to be neglected and a dangerous illusion begins to unfold. This way of thinking leads to emotional deception because small wins go unrecognized.

Small wins are signals that your inner-self is going through something. They confirm that your pace is sound, even when the results are not yet visible.

Reaching the finish line requires a sprint, but it still takes time. When you learn to appreciate small wins, you stop demanding urgency and start cultivating permanence. Your focus goes from chasing proof to trusting the process.

Small Wins Matter More Than You Think

Small wins add up. They reshape your identity, and you establish a respected reputation

1. **They create proof** Each small win reinforces the belief: “I did it before. I can do it again.”
2. **They compound** Small efforts contribute to a pile of wins. One win leads to another. Ten wins change a day.
3. **They break resistance** Action leads to motivation—not the other way around. This helps you to not get stuck in overthinking.
4. **They build trust** Every time you do what you said you’d do, you strengthen your internal trust. You stop relying on hype and start relying on yourself.

The Science of Momentum

In physics, **momentum = mass x velocity**. In life, **momentum = small acts x consistency**.

The more small actions you take, the faster you move forward. It will become harder to stop than it is to keep going.

Think of a train. It takes a lot of effort to get it moving. But once it’s rolling, it can break through barriers that don’t stand a chance.

1. Start Tiny, Not Impressive

Don't wait for the perfect moment or big bang. Start with five minutes. Ten pounds. One vacation.

2. Track Your Wins

Keep up with your achievements so you can see how well you're doing and how you can do even better.

3. Celebrate Often

When you complete a small win, pause and acknowledge it. This trains your brain to associate progress with reward.

4. Stay Present

Don't get obsessed with the finish line. Stay focused on the next step. Big success is a lot of **small steps on a consistent basis**.

Reflection: Where Are You Winning?

Take a moment to look back. You may not be where you want to be, but you've already:

- Overcome habits
- Made hard decisions
- Changed your mindset
- Shown up when it was difficult

Take the losses but it's all about the **wins**.

Final Thought

The world will tell you small steps don't matter. However, the popular notion that if it's not big, loud, or dramatic has many mistaken.

You must persevere so you can graduate from minor league to major league.

You Are

This journey—*your* journey—is more than goals or habits. It's not about being perfect. That was never the *goal*.

You'll have off days.

You'll fall short.

You'll doubt yourself.

You're human. That's part of the game.

But now, you're not just reacting. You're **conscious**.

Now, you don't hope things will change. You're **committed**.

And now, you're not relying on hype or motivation. You're building the systems, the mindset, and the rhythm that will make you **consistent**.

You Already Have What It Takes

It's not on you. It's in you. God has already granted you everything you need within yourself to reach your higher potential. It just has to be pulled out.

Guard your peace, your energy, and your growth with intention. Ignite the flame of everlasting progress and don't be afraid to seek help from those that want the best for you.

Stay in the Room

Regardless of what comes—success, setbacks, silence—stay in the room with your goals. Stay in the room with your purpose. Stay in the room with the version of who you want to be.

The Awakening

The ball is in your court. Now it's on you to:

- Question the systems.
- Be a leader.
- Surround yourself with people who match your direction.
- Keep your “why” at the forefront.

That's how you create a life that feels good *on the inside*, not one that looks good *from the outside*.

And when people ask how you did it, you'll smile and say:

“I was conscious, committed, and consistent.”

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About The Author



Qasim Tajuddin aka Rico Shay is a passionate community leader, actor, filmmaker, artist, and entrepreneur.

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Qasim is driven by the integration of entertainment, economic empowerment, and social well-being.

Wake up and do it again.

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You need systems that work when motivation is absent.

It's time to answer your calling and this book is for you.



Qasim Tajuddin

Qasim Tajuddin aka Rico Shay is a prolific artist, community leader, filmmaker, entrepreneur, and now author.