

#007 Habits that maketh a man

Dear boys,

Today I'm gonna educate us on **four habits that every man needs to embrace**

- **Consistency**

This is the act of dedicating yourself to your goals and staying focused on the things and activities that will help you achieve them. Consistency helps you: Get better, gives you clarity and expands your horizon, gets you noticed, helps you get motivated, increases your self-confidence, brings your way relationships that will add value to you and it ties directly into habits that can positively change your behavior.

- **Confidence**

This is simply the art of self-belief, being comfortable in your true self and being aware of your worth. It is important because it brings you success, builds peoples trust in you, it helps you connect with others and makes brings you happiness.

Some of the ways we can gain confidence and maintain it include: Being social, accepting compliments, doing things you are good at, spoiling yourself, being happy and knowing that you deserve it, accepting who you are, doing things you enjoy and etc.

Some of the simplest ways to lose confidence include: Feeling your future is hopeless, feeling tired and lazy all the time, not socializing, taking people and things for granted, punishing or hating yourself, listening to others negative chatter and gossip about you and etc.

- **Taking action**

It is important because it gives you the desired results for as they say knowledge plus actions equals to results. So if you apply continuous actions to your knowledge you will get results faster hence you will be truly fulfilled and satisfied.

- **Good communication and listening skills**

It is very important to master the art of communication and listening in our daily lives. Good communication skills will help you understand others and they will understand you too. It will also boost your confidence and assertiveness. You will also be able to perform your daily chores and errands well. Your relationships will be much better hence you'll be able to make and keep friends. You will also have little stress due to the fact that poor communication breeds a lot of stress.

Some of the ways you can improve your communication skills include: Being aware and mindful of your audience, improving your body language, getting straight to the point when

communicating, listening attentively, reading more, participating in discussions when necessary, being respectful, repeating key words, getting genuine feedback if you are working on improving your skills and lastly **keeping up the spirit** to mean keep using the above mentioned ways consistently in order to achieve your desired results.

On the other hand, good listening skills help you talk with others more clearly and with understanding. It's never easy but once you are good at it, it can help you build a better relationship with your partner, friend, co-worker and even a child.

Some of its strategies include: Asking good questions, keeping yourself from judging what the other person is saying, putting yourself in 'peoples shoes' and focusing your full attention on the other person when they are talking.