

It has to be constant!

Welcome to the 2023 4th edition of your Weekly Winning Resource all about the word constant. If you are going to achieve the goals and dreams you desire, constant self-improvement is a must. Although this may sound like a “no brainer”, the reality is, most of us do well for a while working towards being a better version of ourselves, but it doesn't last. We spend more time wanting to improve than actually doing the work and staying constant in our improvement. Personal development is a bright idea, but the average person simply doesn't invest the time or money necessary for long-term success. Success is proof that investing in yourself is the best investment you can make, but even still we don't always buy in. There are so many other places to put our money like new cars, bigger houses, designer clothes, eating out, bad habits, and the list goes on. It's not that any of those ways of spending money are necessarily bad, it's that statistically people place a higher value on them than their own personal growth. This mindset is the culprit to being your best self and accomplishing the things you desire. When you place the highest value on your own self-improvement and constantly invest and work on being the best version of yourself, successfully achieving your goals and dreams will be the return on your investment.

Your Weekly Winning Word:

Constant:

*Happening all the time or very often over a period of time;
steadfast*

Your Weekly Winning Article:

Regardless of how bad we want to achieve something, unless we constantly work on ourselves and make personal development a constant part of our daily lives, we will never attain the success we desire. There are things you can do to make self-improvement a constant in your life, and we share 6 of them in your Weekly Winning Article. Check it out here:

[Click Here to Read](#)

Your Weekly Winning Challenge:

Take some time to decide what area in your life you need to improve upon. It could be your finances, your relationships, your health, or your time management. How can you invest in your growth in those specific things and what small changes can you make towards accomplishing the goals you desire? Use your Success Workbook and Journal to make a smart goal, journal your thoughts, and write out what success looks like to you.

Your Weekly Winning Quote:

“Become addicted to constant and never-ending self-improvement.” ~Anthony J. DeAngelo

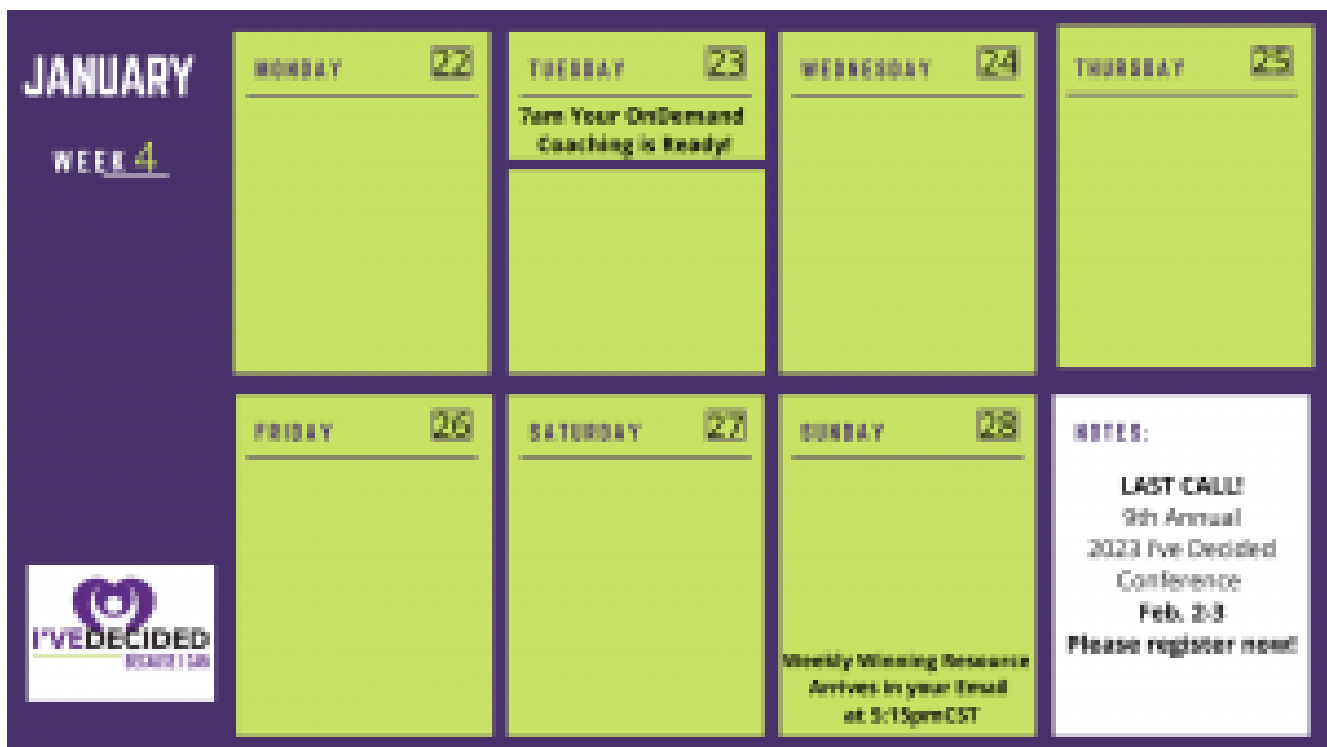
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