

# Twitter Thread by Sonia Litwin



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## 8 Habits that are stopping you from achieving your goals:

### 1. Lack of consistency

Lack of consistency is one of the main reasons many people don't achieve their goals.

Success is hard when you're not consistent with your actions.

You need to be focused and determined to achieve your goals, which can only happen if you're consistent with your efforts.

### 2. Procrastination

Procrastination is delaying or postponing something that needs to be done.

It's often associated with feelings of guilt, anxiety, and stress.

Procrastination can lead to poor work performance, missed deadlines, and low self-esteem.

There are many strategies for overcoming procrastination, such as setting time limits, breaking tasks into smaller chunks, and using a rewards system.

### 3. Excuses

You may think:

I'm not ready,  
I'm too old/young,  
it's not the right time,  
I don't have enough time.

When that happens, stop and reflect.

Are you not ready, or are you just afraid of failing?

It's important, to be honest with yourself.

Facing your excuses and overcoming them.

#### 4. Distractions

Distractions can be a big obstacle when it comes to achieving your goals.

They can take the form of tv, social media, internet, phone calls, etc.

It's important to be aware of common distractions and find ways to eliminate them or at least minimize their impact.

#### 5. Negative self-talk

Negative self-talk is when you talk yourself out of success.

It often takes the form of self-doubt and discouragement.

Paralysis by analysis.

There's no such thing as perfect, so don't let perfectionism hold you back.

#### 6. Failure

We have a wrong perception of failure.

The truth is failure is a precious gift.

Without it, we wouldn't know what success looks like.

Failure is the best teacher, so don't be afraid of it.

#### 7. Perfectionism

"A good plan executed now is better than a perfect plan executed next week." - General George S. Patton

Perfectionism is the number one enemy of consistency.

Stop aiming for perfection and start taking action towards your goals.

Remember, progress is more important than perfection.

#### 8. Focusing on the result

You're eager to reach your goals but play the long game.

Success never happens overnight.

Focus on the process and let the result take care of itself.

The journey is more important than the destination.

Enjoy the ride!

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