

RAM IAS is a one-stop solution for UPSC preparation on an online platform that is free of charge.

[ Ponraj S. Mob No. 6383936268 [rajsakthivel12@gmail.com](mailto:rajsakthivel12@gmail.com)

How To Prepare UPSC Exam In Consistently....? ]

Hi Ponraj. S - Understand Your Individual Strength, Every aspirant has different time availability (job, college, family), energy levels, distractions, etc.

“self-audit” - track how many hours you actually study, when you’re most alert (morning/afternoon/night), which topics you grasp easily, which you struggle with. Based on that building a personalized daily schedule instead of copying someone else’s routine.

Break Down The Big Goal into Small, Achievable Steps Large targets (e.g. completing Polity, covering GS topics, finishing optional syllabus) can feel overwhelming So, break down into small tasks: e.g.- read 10 pages of NCERT, solve 20 MCQs, revise notes.

Prioritize tasks: high yield topics, weak areas, current affairs.

Time Management & Structuring Study Sessions Use techniques like 25–50 min study followed by short break to maintain focus, Alternate between subjects, topics. buffer time for revision, doubt clearing, mock tests, Emphasize less is better than nothing, even on low energy days, do something rather than nothing.

Tracking Progress & Accountability Maintain a daily / weekly log : what you intended, what you accomplished, where you lagged. number of pages, MCQs solved, revision cycles. Possibly partner with a study group, mentor, Celebrate small wins (finishing a topic, scoring well in a mock), which reinforces motivation.6. Beat Procrastination & Mental Blocks Recognize common excuses (tiredness, “I’ll start tomorrow,” distractions).

Use small triggers to start: e.g. “I’ll just open the book for 5 minutes” often leads to longer study. Environmental control: keep your study area clean, avoid phone distractions, use “do not disturb” modes.

Mind set, Motivation & Staying Energized Regularly revisit why you started this journey (goals, aspirations, sense of service).

Watch motivational talks, interview toppers, read success stories — not too much that it becomes distraction, but periodically. Take short breaks, rest, sleep, physical exercise — your brain needs rest to consolidate learning.

RAM IAS is a one-stop solution for UPSC preparation on an online platform that is free of charge.

**Revision & Spacing Strategy** - Revisit topics after 1 day, then 3 days, then weekly, monthly (spacing effect). Use summaries, flashcards, mind maps to make revision efficient. Mock tests: integrate revision with tests — after test, analyse mistakes and revise those topics.

**Dealing with Failures & Plateaus** Accept that bad days will happen. Don't let one bad stretch demotivate you. do a "reset": go back to basics, reorganize schedule, relax a bit, then resume. Learn from mistakes, adapt strategy — flexibility is key.<sup>10</sup> **Final Thoughts & Call to Action** Consistency doesn't mean perfection — missing a session is okay; missing many is not. The journey is long — small, sustained effort wins over occasional bursts. Commit to a daily "minimum" that you can always do, no matter what. Take the first step today — start your personalized plan now, not "tomorrow."

Best wishes' Ponraj.S...!