

# THE ART OF CONSISTENCY

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Cheatsheet



# Books

## [The Compound Effect](#)

This book is all about self-discipline and how to make a more successful life. The book shows you that it's small everyday choices that lead to bigger differences in your life. Starting small is key to maintaining success and consistency.

Darren Hardy is the author. He has written several self-help books especially ones about self-discipline and consistency.

## [The Willpower Instinct](#)

This book is about self-control which is one of the main things you need to accomplish before you can really start looking at becoming consistent. The book will take you through all the goals and things you need to succeed at self-control in all areas of life.

## [The Master Key to Riches](#)

This is another powerful book about how to build consistency in your life and relationships. It also shows the real effort you need to make succeed at consistency. It also discusses how consistency can lead you to wealth, success, and better relationships.

## [The Practicing Mind](#)

This book discusses how your mindset is the most important thing when it comes to consistency. Without the proper mindset, you will most likely fail at trying to maintain consistency both in business and in relationships. Once you have a strong mind aimed at consistency, the rest is easy.

# Podcasts

## [The Consistency Project](#)

This podcast is all about staying consistent and focused on health, nutrition, and well-being. You should definitely give it a listen if your main goals are to find consistency in your physical well-being. It also gives tips on how to eat better and how to stay fit.

## [Inconsistently Consistent](#)

The authors of this podcast go through their struggles in life from before they learned the art of consistency. They discuss how not being consistent ultimately led them to fail when it came to their careers and relationships. You will also discover how they turned everything around once they mastered consistency.

## [Streaking](#)

This is a funny podcast narrated by a husband and wife. They talk about being consistent with their kids and that their work has allowed them to have success and fun life. If you're looking to be more consistent with family, this podcast might be a good choice for you to learn how to develop relationships.

# Blogs

## [The Blissful Mind](#)

One of the biggest hurdles when it comes to consistency is not having good control of your mind. If your mind and thoughts are not well controlled, being consistent can be hard. This blog discusses how to develop a healthy relationship with your mind and how to change your mindset to better meet your goals and accomplishments.

## [My Morning Routine](#)

A big part of becoming consistent is having routines. All the blog articles on this blog cover topics from destressing, creating morning routines, being more productive, and how to get a good night's sleep. You'll be able to find every topic you can think of to help you stay consistent.

## [Embracing Simple](#)

Can't stay consistent because you have too much going on and too much outside pressure? This blog focuses on getting back to the basics and creating a simple life.

## [Career Girl Day](#)

This blog is aimed at women who need help being consistent and becoming the better version of themselves. Each article is written by different women covering topics from making habits, self-care routines, and how to change your mindset. All the women discuss how consistency changed their life forever.