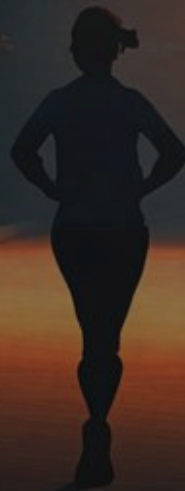


THE ART OF CONSISTENCY

Checklist



What is Consistency?

- Not a definitive definition
- Consistency is what you make it
- Consistency needs more credit
- Being continuous
- Being successful
- Adapt to the times
- Keep it simple
- Change your world
- Have better relationships
- Being steady
- Being dependable
- Do it for you
- More rewarding life
- Know that consistency is

Why Does Consistency Matter?

- Consistency is vital
- Helps in all walks of life
- Concentrate on important things
- Consistency matters
- Maintain focus
- Find new information
- Self control
- Self discipline
- More fulfilling relationships
- Build your projects
- Check your performance
- Keep track of progress
- Boost self confidence
- Have goals
- Reach goals
- Be dependable
- Stay committed
- Inspire others

Self Control

- Main part of consistency
- Increase your relevance
- Practice new skills
- Seek advice from others
- Learn to control your thoughts
- Practice controlling emotions
- Don't do it alone
- Don't be reluctant to change

Consistency is Not All Your Nothing

- Doesn't have to be black and white
- Be consistent and reliable
- Look to others around you
- Be more willing to take risks
- Be able to forgive yourself when you fail
- Self forgiveness
- Have grace
- Consistency is a challenge worth living
- Don't be pessimistic
- Consistency doesn't happen overnight
- You will gain the skills you need
- Be sure of yourself
- Don't limit yourself
- Be kind to yourself

Small Steps Can Have Big Results

- Don't have all or nothing thinking
- Consistency is a marathon not a sprint
- Take your time
- Have an evening ritual
- Do the same routines everyday
- Start reading a little before bed everyday
- Make small changes
- Small changes are easier

Don't Quit Being Consistent

- Staying consistent is also hard
- You need to stay consistent to see results
- Keep the consistent work up
- Be practical in your goals
- Maintain consistency for each goal
- Make goals attainable
- Keep a record of habits
- Post reminders
- Follow new routines
- Check reminders often
- Don't be afraid of mistakes
- Be persistent
- Remain realistic
- Give your body time to recover
- Don't take on too much at one time
- Alter your way of thinking when needed
- Use motivational tools
- Try new methods

Always Take Care of Yourself

- Only make commitments you can keep
- Make an effort to treat yourself better
- Reward yourself when needed
- Don't let responsibilities slip away
- Stay simple
- Don't take on too much
- Be honest with yourself
- Let others know when there is a change

Consistency Involves Habits

- Change your habits to maintain consistency
- Make a routine
- Pursue your goals
- Keep yourself honest
- Stay steadfast
- Make an effort to meet goals
- Start small
- Create new parts of your personality
- Change when needed
- Habits will soon become second nature
- Inconsistency is a habit to break
- Take the time and hard work to accomplish all things

Realizing What Consistency Can Give You

- Think of others you find consistent
- What traits do you need?
- How do you view those that are reliable?
- How can you change who you are?
- Change how you view yourself first
- Stay consistent and reliable
- Have genuine compassion for others
- Your actions say more about you
- You change yourself first
- Inspire others to do the same
- Show others you are changing
- Keep your relationships positive
- Stay grounded in your goals
- Give the gift of consistency to yourself
- You need to fight hard for your goals
- Stay balanced
- Be around people support you
- Watch how it affects your relationships
- See the positive in consistency

Remaining Consistent Even When It's Hard

- Consistency can be done no matter what
- Don't blame your personality
- Anyone can make the changes needed
- Remain true to yourself
- Avoid all or nothing thinking
- You can be consistent no matter who you are
- Consistency is never too hard
- Believe you can do it
- Doing hard things can be scary
- Make the necessary changes
- Create a new version of yourself
- You are capable of anything
- Don't give up
- The hardest part is getting started
- Welcome the new version of yourself
- Don't be around those that say consistency is too hard
- Don't let others pull you down
- Figure out what works best for you
- Everyone is different
- Embrace change