



Wha	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   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	
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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
Alwa	ys 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

	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 me 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			
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•		Figure out what works best for you	
□ Embrace change		Everyone is different	
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