Bridge-Building Toolbox - Consistency.

We all want to get great at a few things-

✔ Relationships

✔ Jobs

✔ Good habits

Focus helps to create consistency. But the juicy secret sauce you need to drench your consistency with is Momentum, capital M.

In Physics, Momentum is the quality of motion of a moving body, measured as a product of its massed velocity. It describes the force needed to stop objects and keep them in motion. A seemingly small object can exert a large amount of force if it has enough momentum.

But we can't get momentum without movement.

Consistency is the #1 Tool to Build a Bridge. But how do we create it?

1. Show up no matter what. Make an appointment with yourself for all the things, and commit to keeping it.

2. Consistency minimizes BHEs...Big Hairy Excuses.

3. As you get better, it gets easier. Do you remember learning to drive a car? I still remember learning to drive a stickshift in San Francisco, it was a challenge!

4. It's COMFORTING - for you and for others. You know what you can expect from yourself. Subconsciously, when you fulfill an expectation of yourself, you feel AMAZING and if you're WILLING, you use the trigger to high-five yourself and keep the momentum up.

5. The compounding effect of consistency goes beyond momentum. These new consistent habits add up - this is how weight is changed and fat is lost (never to be found again!)

6. Consistency changes the way you see yourself - you develop a better self-image and you believe in yourself.

7. Line consistency up with your goals and watch the MAGIC happen.