

I spoke about consistency vs epiphany, and which one is more important when it comes to reaching your goals. We all seem to have this romanticized idea in our heads of our lives being lit up by an epiphany, and then things changing overnight. The truth is, consistency is far more valuable than epiphany in moving the needle in our lives. Think of it like a lightbulb- epiphany is what makes it turn on, but consistency is what keeps the light burning. There is a big difference!

James Clear, author of **Atomic Habits**, said;
"Successful outcomes are never the result of a single choice. They are built up through good choices over time. A profitable business is never a choice, it is a series of choices. A fit body is never a choice, it is a series of choices. A strong relationship is never a choice, it is a series of choices."

When we make these decisions, we move the needle a tiny bit. We lose weight by the ounce and gain muscle by the millimeter. We expect enormous results, but the only way to attain them is through consistency.

When we understand that our choices are really just micro-decisions that we make every day, it makes it easier to see the big picture. Is this decision- this tiny, seemingly insignificant action- leading me toward my goals or away from them? Am I going to eat this donut, or am I going to drink a Target Trifecta Smoothie instead? Am I going to watch another episode of Breaking Bad or am I going to hop on my bike and do a workout? These aren't massive, life-changing decisions in and of themselves, but over time they become the blueprint for your life.

We need to become motivated from within. Use the Why Framework that I mentioned on Tuesday to find your unique WHY. This is how we get to the place of consistency and not quitting on ourselves. Our WHY becomes more important than our mood, our desire to exercise, or even our excuses. When we have an Edison moment- you know, when the lightbulb goes off in your head and you think "Aha! That didn't work!" Take out the emotion, analyze the lesson, and figure out how to correct your path.

A rising tide lifts all boats, and when we are lifting each other up - what a wonderful place to be! You are the creator of your life, but I want you to remember that there is also a gap between you and your goals. You are not yet a master. [...take your seat, young Skywalker]

BUT - as you follow the directions, get your community behind you, and diligently and consistently work on your bridge, you will start to see changes in your life. Don't get frustrated because you aren't getting the results you want right away. Never on this side of glory will we ever see perfect.