

One of the most profound (and really underrated) needle-moving superpowers to leverage in your life is **CONSISTENCY**.

Consistency is defined as conformity in the application of something that is necessary for the sake of logic, accuracy, or fairness; or the way in which a substance holds together thickness or viscosity.

For me personally, consistency is the latter - it truly is how I "hold together" otherwise everything falls apart.

[SIDE NOTE: I am inconsistently consistent on ALL the things, BUT I am ADAMANTLY consistent on always dialing things in, course correcting, refining, and moving forward. I have Grit, not Quit! 😊]

In my opinion, consistency is a creative force. When you let go of rigidity and look at the possibilities around you, you see things differently. Consistency holds your feet to the fire. It gets things done and keeps you from going off the rails.

When you're consistent, life becomes easier even when you don't want to do something. How? Because when you're consistent, you keep the ball rolling down the field.

- You know what to expect, and so do others.
- Your results become consistent.
- It's FUN to measure your progress.
- It's a necessity for reaching goals!

So how do we stay consistent?

1. It's a practice, like meditation.
2. It's a decision, like all choices.
3. It demands a creative plan with flexibility and grace.
4. It means not always "feeling motivated."
5. It requires a one-at-a-time approach. (Multitasking doesn't work!)
6. Consistency builds your future and your bridge from here to there. It's the most fundamental tool in your toolbox.
7. It's repetitive and sometimes slow and boring, but it's the fastest way to get that bridge built.
8. Your TBYL Journal and Writing Journals are the main hammers in that toolbox - they create the exact framework to create consistency.
9. You are the creator of your own life - it's your responsibility to figure it out, not blame shift to others, your circumstances, or anything else.
10. Consistency - however boring, repetitive, or dreaded, is the biggest needle mover to create VIBRANCY.

- Make peace with consistency.
- Focus on the task at hand and your vision.
- Get behind it all emotionally - high 5 yourself!
- The struggle bus is optional, but the reward for staying the course? PRICELESS!