



THE CONSISTENCY CHALLENGE

Success is built through consistency, not perfection. Use this exercise to identify one goal and create a realistic plan to make it a habit.

STEP ONE

Choose one action or behavior you want to do more consistently. I want to

_____.

STEP TWO

In a perfect world, how often would you do this? In a perfect world, I would

_____ daily/weekly.

STEP THREE

How often do you currently do this? Now, I _____
daily/weekly.

STEP FOUR

Choose a realistic next step that will move you closer to your ideal goal. My stepping stone goal is to _____ daily/weekly.

WHY THIS WORKS:

The goal is not to jump straight to your perfect outcome. Lasting habits are built one step

at a time. Choose a goal that stretches you without overwhelming you.

Example:

- Perfect World Goal: Refer 5 products each week.
- Current Reality: Refer 2 products each week.
- Stepping Stone Goal: Refer 3 products each week.

CHECK IN WITH YOURSELF:

- Does this goal stretch me?
- Is this goal realistic without requiring major changes?
- Will I feel accomplished when I achieve it consistently?
- Have I chosen just one goal to focus on right now?

MY STEPPING STONE GOAL:

Target Start Date: _____

How will I hold myself accountable?
