

Personal Reflection Exercises...

Consistency is the key to my success.



Consistency is the key to my success.

I understand that anything worth having is worth working for. Therefore, I choose to consistently work toward achieving my end result.

Even when I feel drained and overworked, ***I maintain consistency in all of my efforts and persevere.***

As with weight loss, I realize that nothing happens overnight. Can I expect to eat salads for a day and lose ten pounds that night? Of course not! In the same sense, I am patient when pursuing goals that may take some time.

Achieving anything worthwhile takes time, dedication, and consistency.

Whether I am earning a bachelor's degree or raising a child, I realize that these life-changing events can be a *very* good thing! However, getting to the end result requires diligence and an immovable time commitment.

Sometimes, it takes me months or even years to achieve my goals. But in the end, I reach success and stand proudly as I

rejoice in my hard-earned prize. ***I chip away at my goals one bit at a time and set a reasonable timeline for myself.***

I am only human, and there is only so much I can do to attain success. But, I use my mind and body to their fullest potential in order to maximize my efforts and remain consistent.

If I fall short of my expectations, I give myself a moment of rest and jump back on the horse. And surely enough, ***my consistency always drives me toward the outcome I crave.***

Today, my willpower is strong and my desire to succeed ignites a fire under my feet. Regardless of any challenges that arise, my consistent efforts will enable me to achieve my goals.

Self-Reflection Questions:

1. How can I strategically approach my goals?
2. Can I achieve my goals as a one-man-show or will I need to enlist help?
3. What can I do to become more consistent in pursuing the life I desire?