

I am consistent

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Repeating little things gives me big results.

I eat a nutritious diet. I enjoy meals and snacks full of vegetables, fruits, and other whole foods. I limit empty calories even on holidays and business trips.

I exercise regularly. I work out at least four or five days each week. If I am tempted to skip a day, I do a mini session, instead, to help me stay on track.

I abstain from alcohol or drink in moderation. I decide how many drinks to have in advance and take days off from alcohol each week.

I use my strengths. I choose a career that matches my talents. I seek out activities that create a sense of flow.

I develop positive relationships that support me. I spend time with loved ones who uplift me. I communicate tactfully and directly. I share my feelings. I set reasonable boundaries and ask for help when I need it.

I forgive easily – both myself and others. I

let go of resentments and regrets.

I pay attention to the present moment. I **act intentionally instead of drifting through the day.** I reflect and pray to help me discover my purpose and keep it in view.

I think positive. I embrace change and cultivate gratitude. I take time out to laugh and play.

Today, I adopt healthy habits and routines. I look after my mental, physical, and spiritual wellbeing. **My happiness and success depend on the choices I make most often.** I value consistency and persistence.

Self-Reflection Questions:

1. How does being consistent help me to earn trust?
2. What is one area of my life where I need to be more focused?
3. Why is consistency sometimes underrated?