

THE LAW OF CONSISTENCY

MOTIVATION GETS YOU GOING ~ DISCIPLINE KEEPS YOU GROWING

WHAT WAS YOUR ACTION STEP LAST WEEK?

WHAT WERE THE RESULTS?

+ TAKE TURNS
READING ALOUD THE
PARAGRAPHS TO THE
RIGHT. AS YOU READ,
UNDERLINE THE IDEAS
THAT CAPTURE YOUR
ATTENTION.

Everyone wants to be encouraged. Everyone enjoys being inspired. Everyone wants to be motivated. But when it comes to personal growth: motivation gets you going, but discipline is what keeps you growing. That's the Law of Consistency. It doesn't matter how talented you are. It doesn't matter how many opportunities you receive. If you want to grow, consistency is key.

E. M. Gray said, "The successful person has the habit of doing the things that failures don't like to do. The successful person doesn't like doing them either, but his dislike is subordinated to the strength of his purpose." The more tuned in we are to our purpose, the more dedicated we will be to growing toward it. And the better our chances are of reaching our potential, expanding our possibilities, and doing something significant.

How do we become consistent in our personal growth? Start small. The number one mistake that people make when they first approach personal growth is that they attempt to do too much. That is demotivating. The secret to building motivational momentum is to start small with the simple stuff. Ian MacGregor observed, "I work on the same principle as people who train horses. You start with low fences, easily achieved goals, and work up."

If you want to gain momentum and improve your motivation, begin by setting goals that are worthwhile but highly achievable. Master the basics. Then practice them every day without fail. Small disciplines repeated with consistency every day lead to great achievements gained slowly over time.

This requires patience. Persian poet Saadi instructed, "Have patience. All things are difficult before they become easy." That's wise advice. Most people never realize how close they are to achieving significant things because they give up too soon. Everything worthwhile in life takes dedication and time. The people who grow and achieve the most are the ones who harness the power of patience and persistence.

To keep learning and growing, we need to learn to master ourselves. We must be disciplined. We must continually remind ourselves of *why* we want to improve. The more and bigger *whys* we have, the easier it is for us to be consistent in the disciplines of growth.

BENEFITS

If you practice the Law of Consistency, you will experience the following benefits:

1. You will find success inevitable and experience it often. If you focus on something every day, you are certain to improve incrementally over time.
2. You will look for ways to grow every day. Growth will become a positive habit in your life.
3. You will improve your skills and talents. Positive change comes to people who are willing to change something they do every day.
4. You will become increasingly productive. As you work on yourself daily, you will develop productive habits.
5. You will condition yourself to be disciplined in your areas of growth. The more you practice your daily disciplines, the easier it will be to maintain them. It will also be easier to establish new disciplines and routines in the future.

STEPS TO FOLLOW

1. **FIND YOUR WHYS.** One of the best ways to motivate yourself is to know why you want to grow. Identify how growing in certain areas will help you achieve your goals.
2. **RECOGNIZE WHAT YOU LIKE ABOUT PERSONAL GROWTH.** We are more likely to do things that we enjoy doing. Make a list of everything you like about personal growth. Then remind yourself about these things regularly.
3. **CHART YOUR PROGRESS.** When you are taking small steps, it can be difficult to see how far you've gone. Find a way to keep track of what you're learning and how you're growing. Then look back at your progress as motivation to keep working at it.
4. **CELEBRATE MILESTONES.** Set intermediate growth goals for yourself. When you reach them, find ways to celebrate so that you want to continue working at personal growth.

+ CHOOSE SOMETHING YOU UNDERLINED THAT IS IMPORTANT TO YOU. TAKE A MINUTE TO TELL EVERYONE WHAT YOU CHOSE AND WHY IT IS IMPORTANT TO YOU.

CHARACTERISTICS

People who demonstrate the Law of Consistency display certain characteristics.

1. These people enjoy the process of personal growth. They look forward to it.
2. These people are disciplined. They do what they say they will do, whether or not they feel like it.
3. These people are consistent. They learn something new every week.
4. These people don't dismiss or neglect doing small things. They understand the compounding nature of small things done consistently over time.
5. These people find ways to motivate themselves. They don't expect or require others to prompt them to get things done.

EVALUATION AND ACTION

RATE YOUR CURRENT APPLICATION OF THIS LAW TO YOUR LIFE ON A SCALE OF 1-10.

1 2 3 4 5 6 7 8 9 10

WHY DID YOU GIVE YOURSELF THIS RATING?

WHAT BENEFITS WILL YOU RECEIVE IF YOU IMPROVE YOUR RATING?

WHO DO YOU KNOW THAT DEMONSTRATES THE LAW? WHAT DO YOU ADMIRE ABOUT THIS PERSON?

WHAT SPECIFIC ACTION CAN YOU TAKE IMMEDIATELY THAT WILL IMPROVE YOUR RATING?

MARK THE CIRCLE EACH DAY WHEN YOU REVIEW THE LAW.

M T W T F S S

+ TAKE A MINUTE TO SHARE YOUR RESPONSES TO THE SELF-EVALUATION SECTION, INCLUDING THE STEP YOU WILL TAKE TO IMPROVE IN THIS AREA.