Consistency

1. What areas of your life are you continually inconsistent in?
2. For how many years have you tried to have consistency in these areas?
3. Have you tried the same ways to be consistent or have you tried different ways? What were these ways?
4. What could you try or do differently to work towards being more consistent?
5. Why do you feel you are inconsistent?

The emotional reasons I am inconsistent are…..

(e.g. I feel I am not good enough, I lack self-belief, I have limiting thoughts)

The practical reasons I am inconsistent are…..

(e.g. I don’t have enough time, I don’t schedule time for myself, I have a lot of other people to think about)

**Free Writing Exercise**

**(Allow yourself to write whatever comes to your mind for a minimum of 3 minutes. Don’t judge what you are writing just let it all come out)**

I am inconsistent in the area(s) of\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

because

If I was more consistent the benefits to myself and my life would be……

If I continue to be inconsistent my life will…….

Well done ☺

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