



# 1: THE POWER OF CONSISTENCY:

## Your Action Plan for Building a Personal Competitive Advantage

### Action Planner

#### Reflect and Prepare

Name: \_\_\_\_\_

##### What Is Consistency?

Consistency means showing up with small, steady effort...especially when life isn't perfect. It's how you build trust, progress, and your competitive advantage.

##### Why This Matters to Me

In your own words, why does consistency matter for your goals, career, or life?

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##### My Focus Area

Where do you want to build consistency right now?

- ☐ Time management
- ☐ Classwork or training
- ☐ Attendance or punctuality
- ☐ Health and wellness
- ☐ Communication or follow-through
- ☐ Finances
- ☐ Other: \_\_\_\_\_

##### What Gets In the Way?

What patterns, thoughts, or barriers have thrown you off in the past?

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What's one small change you could try this week?

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##### Belief Shift

Circle or write a belief to support your growth:

"I don't need to be perfect to make progress."

"My consistency is a shortcut to my lifestyle goals."

"I keep going, even when I miss a day."

"Small steps build big wins."

Other: \_\_\_\_\_



## Habit Focus + Tracking

Name: \_\_\_\_\_

### My 28-Day Focus Habit

What small, consistent action will you practice for 28 days?

\_\_\_\_\_

When will you do it? \_\_\_\_\_ Where? \_\_\_\_\_

How will you track it?

☐ Paper log ☐ App ☐ Calendar ☐ Other: \_\_\_\_\_

### Restart Plan

When I fall off track (because I will), I will:

☐ Use my restart script: " \_\_\_\_\_ "

☐ Do a 5-minute reset

☐ Reach out to someone in my support network

☐ Other: \_\_\_\_\_

### Weekly Check-In Prompts

1. What worked this week?

\_\_\_\_\_

2. What didn't go well and what got in the way?

\_\_\_\_\_

3. What impact did consistency have on your stress or progress?

\_\_\_\_\_

4. What will you adjust for next week?

\_\_\_\_\_

### 28-Day Habit Tracker

My habit: \_\_\_\_\_

#### Week 1 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

How did week 1 go? Circle one word:

☒ Focused ☒ Encouraged ☒ Frustrated  
☒ Confident ☒ Tired ☒ Proud

#### Week 3 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

How did week 3 go? Circle one word:

☒ Focused ☒ Encouraged ☒ Frustrated  
☒ Confident ☒ Tired ☒ Proud

#### Week 2 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

How did week 2 go? Circle one word:

☒ Focused ☒ Encouraged ☒ Frustrated  
☒ Confident ☒ Tired ☒ Proud

#### Week 4 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

How did week 4 go? Circle one word:

☒ Focused ☒ Encouraged ☒ Frustrated  
☒ Confident ☒ Tired ☒ Proud