Discipline and Consistency





BOOKS



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How disciplined are you when you focus on your goals?



Date:	

When do you struggle with consistency?	



What is your method for achieving your goals?



What areas do you need more discipline in your life?



What habits are helping you to work on discipline?



Date:	

When has having discipline helped you achieve something in the past?	



Нс	ow do you struggle with discipline?	



How motivated are you to achieve your goals?



How do you remind yourself to stay focused?	



Do your goals align with your personal values?



What strengths help you be more disciplined?



What is one thing that helps you focus on discipline?



What strengths help you be more consistent?

Journal

What is one thing that helps you focus on consistency?



How did you achieve your goals in the past?



How are you still taking care of yourself?	
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Do you still give yourself breaks and time off?



What are your top 10 reasons for wanting this goal?



What is your strategy for aligning your life with your goals?



How are you adjusting your daily routine to achieve your goals?



How is consistency helping you build trust in yourself?



How are you measuring your progress?	



Are you creating manageable tasks with your goals?



Date:	

What has been the most successful way you became more consistent?



Is your environment set up to achieve your goal?

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