



THE CONSISTENCY KIT

BUILD HABITS THAT GLOW AND GROW

W E L C O M E

Hey Love,

I'm so proud of you for taking this step toward showing up for yourself — not just once, but consistently.

Whether you downloaded this kit to get organized, stay focused, or finally follow through, just know this: you're in the right place.

The Consistency Kit was designed to help you build a life that feels as good as it looks — one routine, one decision, one goal at a time.

Inside, you'll find simple, powerful tools to help you:

- ✦ Plan with purpose
- ✦ Show up with style
- ✦ Follow through with grace

This isn't about perfection. It's about progress.
This isn't hustle — it's harmony.

You deserve a life that flows. Let's create the structure that supports your softness and helps you stay the course.

I'm so glad you're here. Let's glow, grow, and execute — together.

With love & structure,

Terran

Founder, The Consistency Suite

THE SUITE METHOD™

This is the foundation of your glow up.

CLARITY

Know what you want and why it matters

COMMITMENT

Make space for your goals in your schedule and your soul

CONSISTENCY

Show up with structure and softness everyday!

This kit will help you work through each step without feeling overwhelmed.

THE CONSISTENCY KIT:

THE DAILY ROUTINE MINI-GUIDE

*"Your routine doesn't need to be perfect.
It just needs to be practiced."*

The Daily Routine Template in The Consistency Kit is here to help you create structure without stress. Here's how to use it effectively:



Morning Glow

Your peaceful start before the day takes over

- Morning affirmations or journaling
- Gentle stretch or yoga
- Set your intentions for the day



Midday Move

Pause, recenter, and recharge your glow

- Brief walk or meditation
- Mindful meal away from your desk
- Quick check-in on your morning intentions



Evening Reset

Close your day gently and intentionally.



Consistency Tip: Adjust and refine as needed – this is your daily rhythm, not a strict rulebook.

DAILY ROUTINE

Tip: You don't need a 5am wake-up to win the day - just consistency.

Morning
Glow

Midday
Move

Evening
Reset

30-DAY HABIT TRACKER

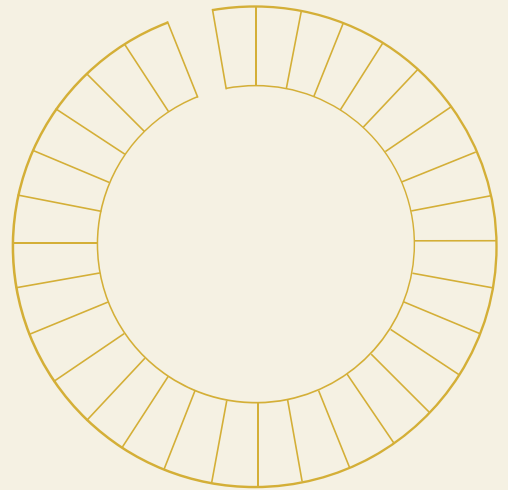
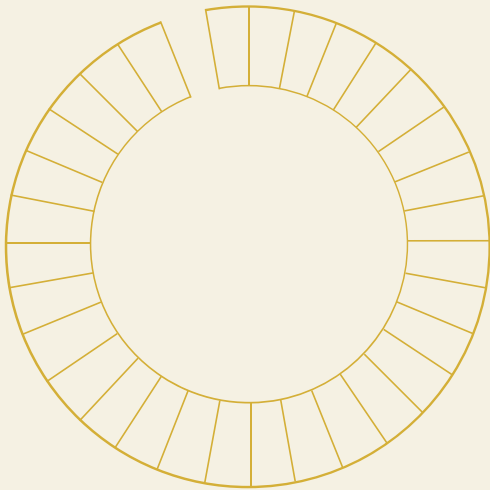
Track up to 5 habits you're building this month!

💡 *Consistency is what makes the routine real!*

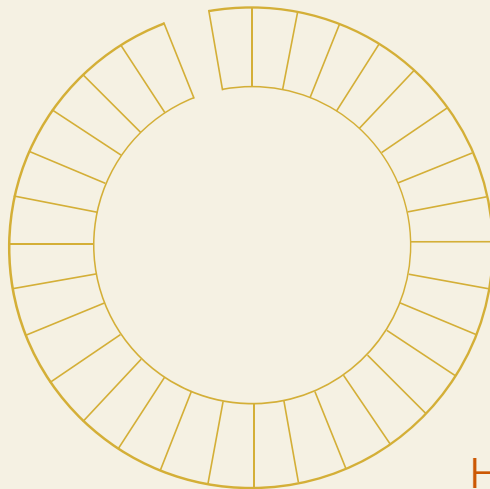
Celebrate each checkmark!

Habit 1_____

Habit 2_____

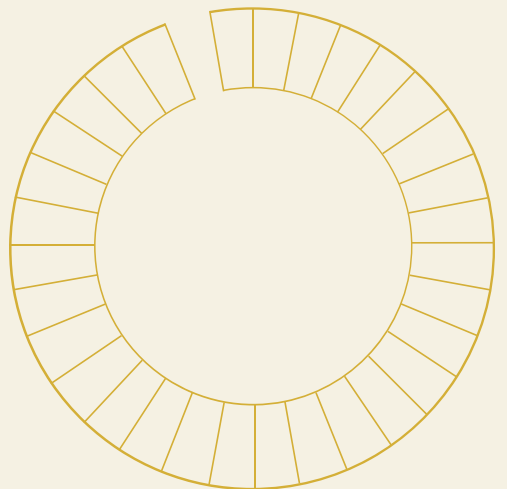
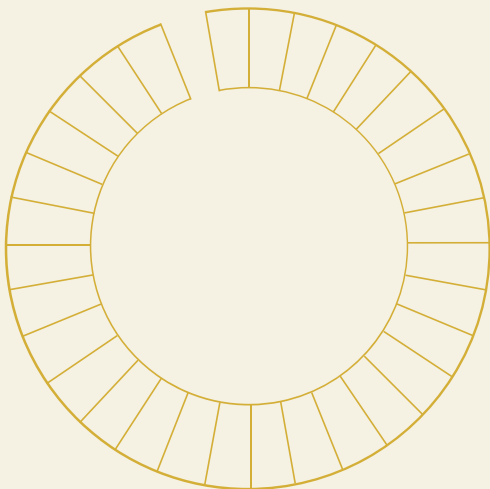


Habit 3_____



Habit 4_____

Habit 5_____



WEEKLY PLANNING PAGE

Set your week up like the boss you are!

Focus Area (Life, Wellness, Business)

Top 3 Goals:

1.

2.

3.

Non-Negotiables





Glow Moments (Just for you!)





GLOW GOALS WORKSHEET

*Because how you want to feel matters just
as much as what you want to do!*

This week, I want to feel:

A word I'm keeping close:

One thing I will do for myself:

What does success look like for me right now:

💡 Your glow is personal - define it your way!

AFFIRMATIONS

Read. Repeat. Write your own.

✦ I show up for myself even when no one's watching.

✦ My goals deserve my discipline

✦ I can be soft and structured.

✦ My small steps create big results

✦ I finished what I start — *beautifully*.

Write your own.



MONTHLY CALENDAR

☐ FOCUS AREAS

☐ EVENTS

☐ SELF-CARE

☐ WORK BLOCKS

SUNDAY

MONDAY

TUESDAY

WEDSDAY

THURSDAY

FRIDAY

SATURDAY

GLOW DAYS

☐☐☐☐☐

CONSISTENCY CHECKLIST

Your daily “I did that” list

- ✓ I moved my body today
- ✓ I made time for my mind
- ✓ I planned with intention
- ✓ I honored a non-negotiable
 - ✓ I spoke kindly to myself
 - ✓ I rested without guilt
- ✓ I showed up, even if it was small

Checked 3 or more? You’re consistent, love!



FINAL PEP TALK



Consistency isn't about doing the most — it's about doing what matters.

You don't have to be perfect. You just have to be present.

Every small step you take in alignment is a win.

Keep glowing. Keep showing up.
You're doing better than you think.

With love + structure,

Terran

The Consistency Suite™