

7 Steps To Consistency Forever

Downloadable Worksheet

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Step #1 - What do you want?

What type of life do you want to live? How do you want to spend your time? What does your dream life look like?

You want to bring emotion into this.

- If there's a moment you feel matches with your dream life, write it down.
- If there's a moment that just makes you feel disgusted, a moment you hate, right that down.

So, what exactly do you want?			



Step #2 - What are the requirements?

Logically, what is required to achieve what you just wrote?

What do you need to obtain?
What things do you need to do?
So, what are the requirements to achieve these?



Step #3 - What type of person achieves those requirements?

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What do they believe about the world? What do they value? What do they have? How do they spend their time?
Start each with "Someone that"
So, what type of person achieves this?



Step #4 - Your identity

At this point, you should now have a clear picture of a *type of person*, and have full confidence that that person achieves the requirements and thus the things that you want.

This step is the crux of it all. In this step, we define your new identity. This identity should match exactly the type of person you described above.

Start each with "I am"			
So, what is your new identity?			



Step #5 - Affirmations

How does your identity act?

Under each statement, write out statements of how this identity acts, affirming that you have and do things *already*, it doesn't matter if this is different from how you currently act.

Here, you can also list out anything else that you want or need to remind yourself of, in the format that you *already have it*.

What do they believe?
What have they achieved?
So, how does your identity act?
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Step #6 - Reinforce them

How will you reinforce your new identity and affirmations?	



Step #7 - Take action and reward it

The last step to this is to take actions that match your identity and specifically reward those actions.

So, what actions did you take that match your new identity?