

Get Consistent With



Daily Actions

Start acting like
the person you
want to become.

Long-term goal / aspirational identity:

Motivations can change. Why are you taking action this week?

Mantra:

Action	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Are you on track with your goal? What evidence do you have to point to yes or no?

What did you learn this week that will help you next week?

Get Consistent With



Sunday Reflection

date

What's your goal / aspirational identity?

What did you do this week that moved you closer to your goal / aspirational identity?

What isn't going well? Why do you hate that?
What's your motivation for changing it this week?

What action are you (re)committing to this week?

Mantra for this action:

Any questions? Any resources you need?