

Are you consistent enough?

CHECKLIST

Think of the person (can be your own self too) or activity you want to be consistent with and answer these questions.

- Do you always show up for this person or activity?
- Do you help this person or work on this activity even when you don't feel like it?
- Do you focus on the quality of time you spend with this person or activity?
- Do you work on creating positive experiences?
- Do you let go of old ideologies and assumptions when you work on this relationship or activity?
- Do you give more opportunities for this relationship to bloom or for this activity to be enjoyable?
- Do you believe in the potential of this relationship or activity?
- Are you curious enough when it comes to this person or activity? Do you ask questions? Do you research?
- Do you accept that this person or activity process could disappoint you?

If your answers have been mostly yes then you're on the right track of being consistent . Good going! If not, don't worry work on the above 9 ways and you will be good to go!

Make your worthy self and worthy relationships
totally worth it!