



# How to Master Consistency to Achieve Your Goals

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When my brother became a math teacher, he told me there were three types of students in his class.

1. The 1st kind of student did **less than 40%** of the homework, crammed for the big test the week before, and ended up failing the test.
2. The 2nd kind of student did **about 60-80%** of the homework, studied a bit for the big test, and ended up skating by with an average grade.
3. The 3rd kind of student did **100%** of the homework, didn't study very much for the big test — and no matter what their ability or talent level — usually passed the test with a high B or better.

So what made the students who did 100% of the homework more successful when it finally came time for the test? It's not that they were necessarily smarter or more talented, it's that they didn't see the homework as *optional*. By putting in a little bit of effort over an extended period of time, they saw better results.

That's because nothing beats consistency. Nothing beats showing up everyday, doing the work, and putting in the time. If you want to achieve your goals, you have to see your goals as mandatory — not optional. You have to do the "homework" for your goals in order to accomplish them. Here are 8 ways to help you master consistency to achieve your goals and ace the big test we call life.

## #1 Make a Plan

Just like a teacher creates a lesson plan with mini-homework assignments, you can create a plan for reaching your goals. Write down a timeline that includes your start date, end date, and exactly what actions you're going to take to reach your goal. If your goal is to lose 20 pounds, decide on the exercise routine you're going to do, the nutrition plan you're going to follow, and so on!

## #2 Create Milestones

Milestones are small goals within your larger goal that help you see how much progress you're making. If your goal is to save a thousand dollars, keep track of when you reach \$100, \$200, and so on. Make it feel like an *event* — because it is! Every step forward is a success. By celebrating your milestones, you'll feel like you're making progress and won't lose steam as easily.

## #3 Actually Make Time for Your Goals

One mistake a lot of people make when setting goals is forgetting to block out time to actually work on them. Let's say your goal is to start selling art online. You'll need art to sell, so you might plan to spend two hours painting every day from 8am-10am. Now, those two hours can't be used for anything else — 8 to 10 is only for painting. So you have no excuse not to do it!

## #4 Only Worry About the Present Moment

If you've set an ambitious goal, it can be easy to think about how you'll work on your goal tomorrow, the next day, or the next month! Thinking too much about the future can get overwhelming & make it more likely for you to quit. The only moment that matters is right now, and what you're going to do with it. How are you going to be consistent right now? How are you going to show up today?

## #5 Stop Negotiating with Yourself

The students who did best in my brother's math class simply did not negotiate with themselves. They didn't see the homework as optional — they just did it.

If you find yourself thinking thoughts like *"Oh, I'll just do half my workout today..."* STOP and recognize that this is your brain trying to negotiate out of work. We instinctively try to avoid pain, which causes us to procrastinate or negotiate with ourselves. Remember that you've committed to this goal and have to see it through **right now**. Don't let your inner negotiator win.

## #6 Revisit Your Goals Often

Journal about your goals every day. Write them down on sticky notes and put them on your bathroom mirror. Set a repeating alarm on your phone and title it *"Work on Goal NOW!"* Keep thinking about your goal as much as possible so you don't lose motivation. But don't *just* think about the goal itself, think about WHY you chose to pursue this goal in the first place. Ask yourself questions about your motivation to pursue your goal. Is it to be happier? Is it to feel more accomplished? Really dig into your emotions!

Because a huge part of consistency is having **consistent feelings**. When you consistently *feel* like your goal is worthy and important, you're more likely to work on it. So don't let yourself forget the emotions that caused you to set the goal in the first place.

Another way to revisit your goals often is to imagine what it will feel like when you accomplish your goal. Write in your journal about what your life will be like when you reach the finish line: how will it feel? Get detailed in your descriptions to really motivate yourself.

## #7 Forgive Your Failures (And then Keep Going)

The reality is, you're probably going to make some mistakes along the way. We all do. It's nothing to be ashamed of. **The thing to actually be ashamed of is not trying to do better next time.**

When you miss a day of healthy eating, or forget to work on a project, or skip an exercise routine, give yourself some grace. If you beat yourself up too much, you may demoralize yourself and stop altogether! If you trip up on your way to your goal, learn from it. Ask yourself: *"what happened that day to make me lose my consistency? How can I make sure it doesn't happen again?"* Then, and this is the important part — keep going. Pick yourself up & go out there again tomorrow. Don't dwell on the mistake, just worry about your present self. Better to mess up a 1000 times but keep trying, than to mess up once and give up.

## #8 Do it Anyway

Goals are tough — that's why we want to achieve them in the first place! If they were easy we wouldn't care so much about them.

This is where your cultivation of inner resolve comes into play. Are you the type of person who gives up just as things get difficult? Or are you the type of person who pushes through anyway and keeps promises to themselves? On the days where you're dreading working towards your goal: **just. do. it. anyway.** Force yourself to put your head down & do the work. Practice the instrument. Lift the weights. It's nice to be motivated, but you don't *\*have\** to be excited. You just have to do it.

## Final Thoughts

- Becoming consistent is the key to unlocking your goals. And mastering consistency is about mastering ourselves, taking charge of our own lives and developing habits and routines that lead to success.
- You may have heard the story of the stone mason who hits a large boulder with a hammer. The boulder does not change at all on his 1st, 2nd, or 100th hit. However, after hitting the boulder a 1000 times, the boulder suddenly splits in half.
- Working towards your goal may sometimes feel like you're the stone mason. Nothing is happening. Or it may feel like working towards your goal is just another unimportant homework assignment.
- But remember to keep going, because eventually that boulder will split in half. Eventually, test day will arrive. And if you've done your homework? You'll pass with flying colors.