# The Consistency Playbook

7 simple lessons on discipline and consistency - with a 4-week tracker

These lessons come from everyday working people who built something slowly. None of them is a shortcut. All of them work better together, and all of them work only if you keep doing them.

## 1. Set a milestone every week, month and year

Big goals feel far away. Milestones make them close. Know what "done" looks like this week, this month and this year. When you know the next milestone, you know what to do today.

**Do it:** This week: write one milestone you can finish by Sunday.

## 2. Hold on to three things: right company, right thinking, right target

The people around you shape your habits. Your thoughts shape your effort. A clear target tells your effort where to go. Lose one of the three and progress slows down.

**Do it:** Name one person who lifts you up, and plan time with them.

## 3. Give it a fair learning time - with a check date

People study four or five years for a degree, but quit a new skill after four weeks. Decide how long you will learn properly before you judge it. Also write down a check date and a money limit, so learning never turns into blind hoping.

**Do it:** Write: "I will learn this until ___ and spend no more than ___."

## 4. Make small decisions and keep them

Getting from point A to point B is not one big jump. It is many small decisions kept: to show up, to practise, to follow the plan. People who keep changing their decision never arrive. Big goals look like mountains until you follow a step-by-step map.

**Do it:** Pick one small daily decision and tick it off for 30 days.

## 5. Look the part: gold on a street cart

If someone sells real gold from a street cart, nobody believes it is real. The product may be good, but the setting decides trust. Clean clothes, a tidy workplace and clear speech are part of your work.

**Do it:** Fix one thing people see first: your desk, profile photo or greeting.

## 6. You asked for juice and got an apple

Many people pray or wish for money. What usually arrives is a chance, not cash - an apple, not the juice. Squeezing it is your job. Take ownership of the effort instead of waiting for the result.

**Do it:** List one chance you already have but have not used.

### 7. Learn first, then teach - and copy the good habits

Most success is copying good habits from people who are ahead of you, then passing them on. Be teachable: listen fully before you change things. But keep your own judgment - copy habits, not blind decisions with your money.

**Do it:** Ask one person ahead of you: "What do you do every day that I don't?"

# 4-Week Milestone Tracker

Write one milestone per week. Tick each day you did your small daily decision.

| Week | My milestone | Mo | Tu | We | Th | Fr | Sa | Su | Done? |
|---|---|---|---|---|---|---|---|---|---|
| 1 | | | | | | | | | |
| 2 | | | | | | | | | |
| 3 | | | | | | | | | |
| 4 | | | | | | | | | |

## My three things

| | |
|---|---|
| Right company (who lifts me up): | |
| Right thinking (one sentence I tell myself): | |
| Right target (what by when): | |
| My check date and money limit: | |

## Every Sunday, ask yourself

- Did I reach this week's milestone? If not, what got in the way?
- Which small decision did I keep best?
- Who helped me this week - and did I thank them?
- What is next week's one milestone?