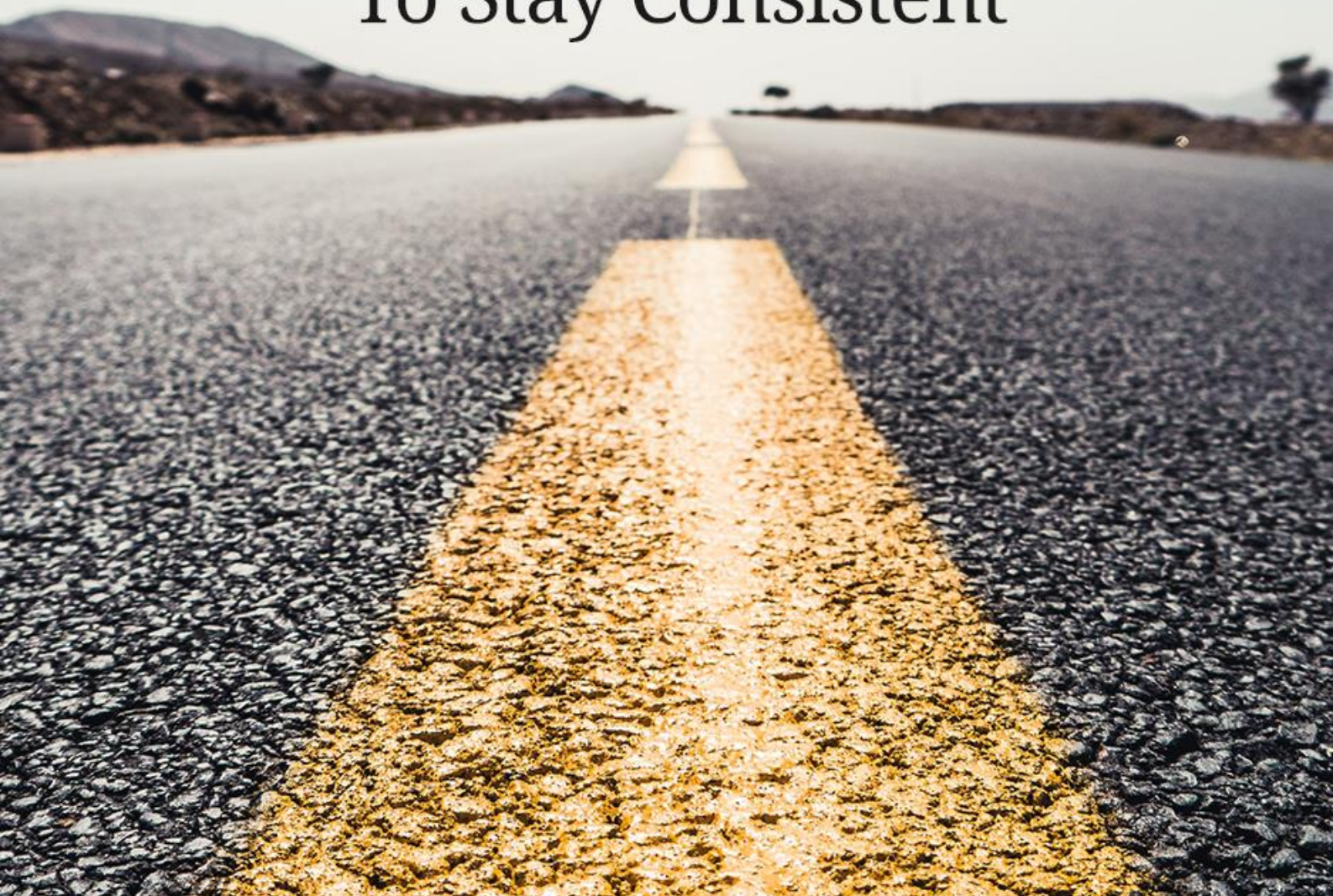


# CONSISTENCY GETS RESULTS

5 Things Successful People Do  
To Stay Consistent



# Introduction

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The value and goal of consistency is hard to achieve. While you might be wondering where to start in your movement toward consistency, the first step is just believing that you can change yourself and your lifestyle to fit the new habits you want to have.

Stay consistent is important in all areas of your life including in relationships, in work, and your home life. Consistency is valued because it means you are trustworthy and reliable.

## **What Exactly is Consistency?**

Consistency means that you do the same things regularly in order to establish trustworthiness, reliability, and confidence. Humans are not the only things that are consistent. Animals can also be consistent. You might notice that your dog likes to go outside at the same time every evening.

Food can also be consistent. You might prefer to eat at the same few restaurants around town because you know you will always get a good meal. This can often be better than trying to find someplace new or the food might not be as good.

The best way to learn about consistency is to first realize what consistency isn't. An inconsistent relationship might be a partner that does not show up when you need them. They might answer your phone calls sometimes then ignore your calls for a few days.

When you are not getting consistent relationships in your personal life, it can be hard to be consistent with other people.

A consistent job means you have had the same job for a long time and you know that your duties and responsibilities are the same every day.

Without a consistent job, you might not have consistent money coming into your bank account which means you will have a hard time paying bills and making ends meet.

As you can see, consistency is important in all areas of life. Experiencing inconsistency can affect you in many areas including physically and emotionally.

## **Why is Consistency Important?**

Now that you know what consistency is, you might be wondering why it matters. Consistency can help you in many ways of life because it means you have important formed habits that can help you in relationships and in your job.

If you ever want to have your own business, staying consistent is key. You will not be able to keep customers and run an effective business if you are not consistent because people will see you as unreliable.

In order to maintain healthy relationships, you have to be consistent in the way you communicate. This will allow your relationships to blossom and give you healthy partnerships whether they are platonic or romantic.

## **Consistency and Self Control**

Consistency and self-control go hand in hand. You can't have one without the other. This is why so many fail at being consistent they do not have enough self-control to keep it up. Consistency can reinforce your self-control as well as make sure you are laser-focused on the tasks you have at hand.

Consistency can also mean the difference between success and failure. Can you be self-controlled enough to meet your goals and stay consistent in your ways of approaching them? This means success. Otherwise, you are looking at not being able to open new doors for yourself.

Self-discipline is the first big step to consistency. If you are having trouble becoming self-disciplined, you might want to seek advice from those around you whom you trust. You might also want to consider getting a life coach that can point you in the right direction.

## **Small Steps Towards Consistency**

When making a big life change such as learning to become self-controlled and consistent, you should not expect it to happen overnight. In fact, if you over-pressure yourself and try to rush the process, you are more likely to fail.

Start by taking small steps and then see how you can grow them bigger. For example, maybe you want to have a consistent exercise routine but are not currently exercising at all. If you start hitting the gym every day for several hours, you will quickly get burnt out and quit.

Instead, try going to the gym twice a week. Once you have a consistent routine of exercising twice a week on the same day, you can add more. Adding in slowly will not help you get used to being at the gym, but it will also help you to prioritize working out even on the days when you don't feel like it.

Some people also want to make a consistent nighttime routine. You can start slowly by adding things in like reading, doing a devotional, drinking some tea, or listening to relaxing music. Once you have a few things added, you can add in more until you have a complete bedtime routine that works for you.

## **Never Stop Being Consistent**

Once you have a pattern of being consistent, you will find it hard to naturally fall out of it. However, sometimes big life changes can leave us needing to make new patterns. This is where our consistency might take a hit.

You will need to learn to stay consistent through the good times and bad times. One of the main ways you can stay consistent is to practice toward your goals. This goes back to taking small steps until you are ready to tackle larger ones.

You can also use reminders to help you get back on track. While writing reminders might seem weird, they can help you reach goals because you always have something to look back on and help you stay focused.

Another key is to not get discouraged if you do not see immediate results. Be patient with yourself and with your goals. If you see something that is not working, you can change it. All that matters is that you are consistent in the ways you are reaching your goals.

## **Consistency and Habits**

The number one way you can become consistent and stay consistent is to make new habits. This is easier said than done. If you have ever tried to make new habits, you know how hard it can be.

If you start with small habits though and build on them, you will see that you can form new habits in no time. You might also want to consider getting an accountability partner so they can keep you on track. If you have friends or family with the same goals, you can make plans together as making new habits is also easier with a partner on your side.

You also need to be honest with yourself. If you find yourself unable to meet new habits, sit down with yourself and think about why you are struggling. The solution might be simple or you might need to make a big life change to meet your goals.

Think about someone you know that is consistent and reliable. What are their habits? You might benefit from taking a few of them and incorporating them into your own lifestyle.

## **Changing Old Habits**

Not all habits are good. Sometimes you need to break old habits before you can make new ones. Think about bad habits you might have. They might include drinking too much soda, not exercising enough, watching too much TV, etc. Everyone's will be different.

Once you recognize the bad habits you have, you can start transforming them into new ones that are better.

For example, if you have a bad habit of not responding to text messages, make it a habit to return them as soon as you read them. If this is not possible, make a note to respond to it later as soon as you have time. This will help you to build a good habit and it will let your friends and family know that you are thinking of them.

Don't be surprised if you see your personality changing as you form new habits. Your habits can change the way you think and feel about yourself. They can also change the way you see the world around you.



## **Why Be Consistent?**

Being consistent in your words and actions can change the way you view the world. Being consistent can give you a new life and it's worth the hard work. You will be able to have better relationships, make more money, and be a better overall version of yourself.

Being consistent can also change the way people view you. This is especially important if you have a business. When clients or customers see that you are consistent, they will be more willing to work with you and come back to you again when they need help.

Keep in mind you will need to make your employees and workers have the same consistency as you if you really want your business to succeed. Customers generally like to see that everyone is reliable so they can contact anyone in the business should they need help or advice.

When you are reliable, you are telling friends, family, and clients that they can trust you. Your actions say a lot about you and the way you operate your life and business. If someone sees that our business and work ethic is consistent, they are more likely to refer you to someone else. This means more money.

Being consistent can also make your relationship or marriage better. If you are already having struggles, you might want to take a step back and see if it's because there is inconsistency. There could be inconsistencies in the way you communicate with one another or in the way you spend time with one another.

Make sure to let your partner know that you realize you are inconsistent, and that you plan to work on it in every way that you can.

## **Everyone Can Be Consistent**

Some people say that they can't be consistent. They may blame their lifestyle or their personality. The truth is though that anyone can be consistent if they are willing to work hard. Being inconsistent is not built into your DNA, it's something you choose.

It might also be from picking up bad habits either from past relationships or past lifestyles. If you had parents that were inconsistent, you might also experience a tendency to be inconsistent since this is the lifestyle you had in the past.

The longer you have been inconsistent, the longer it will take you to become consistent and choose better habits. You will need to work hard but it will be worth it.

Just remember that no matter your personality or the way you feel about things in the world, consistency is possible as long as you are willing to put in the work.

You might also need to push yourself more than normal. If you don't know how this is where seeking advice or visiting a life coach comes into play.

You also need to tell yourself that you can do it. You can be the person that finishes work deadlines on time. You can be the person that shows up for their kids on time. You can be the person that exercises every day and sees real results.

If anyone is in your life that thinks you cannot be consistent, you need to take some space from this as that negative energy can pull you away from your goals and dreams. You also shouldn't listen to people that say consistency is too hard.

They might have tried consistency and failed, but this doesn't mean you have to do the same. You might even be able to inspire them once they see you succeed.

# Final Thoughts

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Consistency is key to becoming successful in life. With consistency, you can get the results you have always wanted whether it be exercising and losing weight or opening your own business. Whatever you want to achieve, you can do with consistency. You will see real results once you have habits and goals that you are willing to stick to. With some hard work, you can see consistency in every part of life.