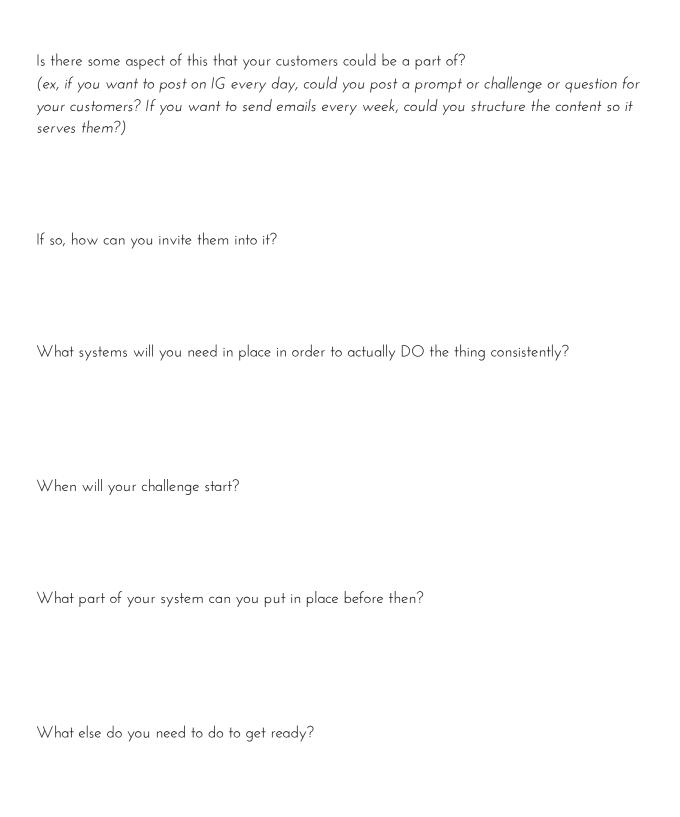
CONSISTENCY CHALLENGE

Start with the end in mind. What's your current goal for the next 3-6 months?
What do you need to become more consistent with, in order to make your goal happen?
Pick one thing from the above list that you're most enthusiastic about.
How often do you want to do it? (What does "consistent" mean in this context?) Circle one: Twice Daily Daily Weekly Monthly
How long do you think will it take for this to become a habit? (i.e., do you want to do it daily for 30 days? 100? More or less?)
CHOOSE YOUR CHALLENGE!
I will every for days.
Get others involved: Is this something your buyers also struggle with?



TELL ME ABOUT IT!

If this workbook helps you start your own challenge, tell me about it on Instagram! Use the hashtag #exploreyourenthusiasm and tell me your challenge!