

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?

Is there some aspect of this that your customers could be a part of?
(ex, if you want to post on IG every day, could you post a prompt or challenge or question for your customers? If you want to send emails every week, could you structure the content so it serves them?)

If so, how can you invite them into it?

What systems will you need in place in order to actually DO the thing consistently?

When will your challenge start?

What part of your system can you put in place before then?

What else do you need to do to get ready?

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!