# THREE STEPS TO IMPROVED
# CONSISTENCY

Faith Applied Episode 034 Notes

Consistency can help us _____.

The Bible speaks to consistency.

Pray without _____. *1 Thessalonians 5:17*

The Greek word *spoudazo* often translated to study in 2 Timothy 2:15
("study to show thyself approved...") means be _____.

"If we want to direct our lives, we must take control of our
_____ _____.  It's not what we do once in a while
that shapes our lives, but what we do consistently." *~Tony Robbins*

My level of consistency points to my level of _____.

# THREE STEPS TO IMPROVED
## CONSISTENCY
Faith Applied Episode 034 Notes (cont.)

**To improve my consistency:**

1. _____ my self-talk.

    We are all consistent in some areas or actions in our lives.  We overcome

    challenges and barriers because we are committed to that action/cause.

    I can be consistent in other areas if it is _____.


2. **Consider: Is the action a _____ or a _____.**

    Sometimes consistency is not possible/probable because the action

    can not be _____.

    Find actions that are really _____ to me and are a

    _____ for my life.

# THREE STEPS TO IMPROVED
# CONSISTENCY

Faith Applied Episode 034 Notes (cont.)

**3. _____ the new action to something I currently do consistently.**

We are all consistent in some areas or actions in our lives.  We overcome challenges and barriers because we are committed to that action/cause.

Addictions and _____ are powerful because they drive us to action without thought.

_____ the power of habit!

**Take Action!**

What are 5 things I do consistently?

_____

_____

_____

_____

_____

What is the new action I'd like to perform regularly to move me towards my goal?

_____

_____

Is it a fit for my life (i.e. can I realistically do this regularly)? {*I'm talking everyday!*} If not, how can it be adjusted or what is something else that I can do regularly that can move me towards that goal?

_____

_____

What current habit can I anchor this new action to?

_____

_____

**Now get to it!**

4

# Want to explore more?

Hi, I'm NettyeI

Wife of Will.  Mother of Jabari and Etana.  Child of God.

I'm an energetic 'sturdy' girl who enjoys cooking, eating, mind/body exercise, and mid-day naps.

I'm also an author, speaker, corporate trainer, certified health educator and health coach, marathoner, fit foodie, and holistic wellness advocate

A lifetime learner gifted to teach, my jam is informing and supporting positive change.

I help people set audacious goals that align with what God put in and has for them, and  take practical consistent steps towards those goals.

Do you need a change?
Are ready to change?  Let's talk.

Check out my service offerings at **nettyejohnson.com** and schedule a 30-minute discovery call  to see if our services are a fit.

I'd love to support and work with you!

The **Faith Applied podcast** explores the application of our faith for mind/body wellness, purpose and/or productivity.

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