

The Consistency Blueprint

Consistency = Clear Goal + Simple Action + Tracking + Accountability

4-Step Blueprint

1. **Clarify** – What exactly do you want to be consistent in? (Habit/goal/action)
 - Example: Posting on Instagram 3x per week.
2. **Simplify** – Make it easier than you think.
 - Example: Draft captions in one sitting instead of daily.
3. **Track** – What gets tracked, improves.
 - Example: Tick off every post on your calendar.
4. **Anchor** – Tie it to something you already do.
 - Example: Review your progress every Friday before logging off.

Your Consistency Blueprint

Step 1: Clarify

What do I want to be consistent with?

[_____]

Step 2: Simplify

How can I make this action smaller/easier?

[_____]

Step 3: Track

How will I measure progress? (tick box, calendar, journal)

[_____]

Step 4: Anchor

What routine will I connect it to?

[_____]

Tracker

| Week | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 1 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |