

Ignition - DAY 4

AVOIDING THE TWO BIGGEST HURDLES TO CONSISTENCY

The two main things that stand in the way of consistency are BURNOUT & BOREDOM. so we want to avoid these two like the plague.

Remember the stationary ship analogy, it's MUCH more difficult to get a ship moving again from a standstill than it is to keep it moving along, even if it is motoring along slowly, progress is being made.

Staying with the ship analogy imagine trying to stop a ship dead in its tracks.

You can't because it has too much momentum carrying it forwards.

So be like the ship...build momentum and keep moving forwards day by day and remember ANY progress is going to keep you moving forwards.

WHAT ARE YOUR TOP 3 STRATEGIES FOR AVOIDING BURNOUT?:

STRATEGY 1:

STRATEGY 2:

STRATEGY 3:

WHAT ARE YOUR TOP 3 STRATEGIES FOR AVOIDING BOREDOM?

STRATEGY 1:

STRATEGY 2:

STRATEGY 3:

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DAILY NON-NEGOTIABLE'S

Use the space below to create lists of the tasks you're committed to on a daily basis and that you know with consistency will get you to your goals.

1:

2:

3:

4:

5:

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12: