

CONSISTENCY TRACKER

How to build the habit of consistency
so you can get more done.

HAYLEY HOBSON



*Ready to be more
consistent?*

Building a habit of consistency is all about intention.

Agreeing with yourself that you're gonna do it.

Then following through.

And the best way to make sure you achieve your goal to become more consistent is by naming what that looks like. Then tracking your progress.

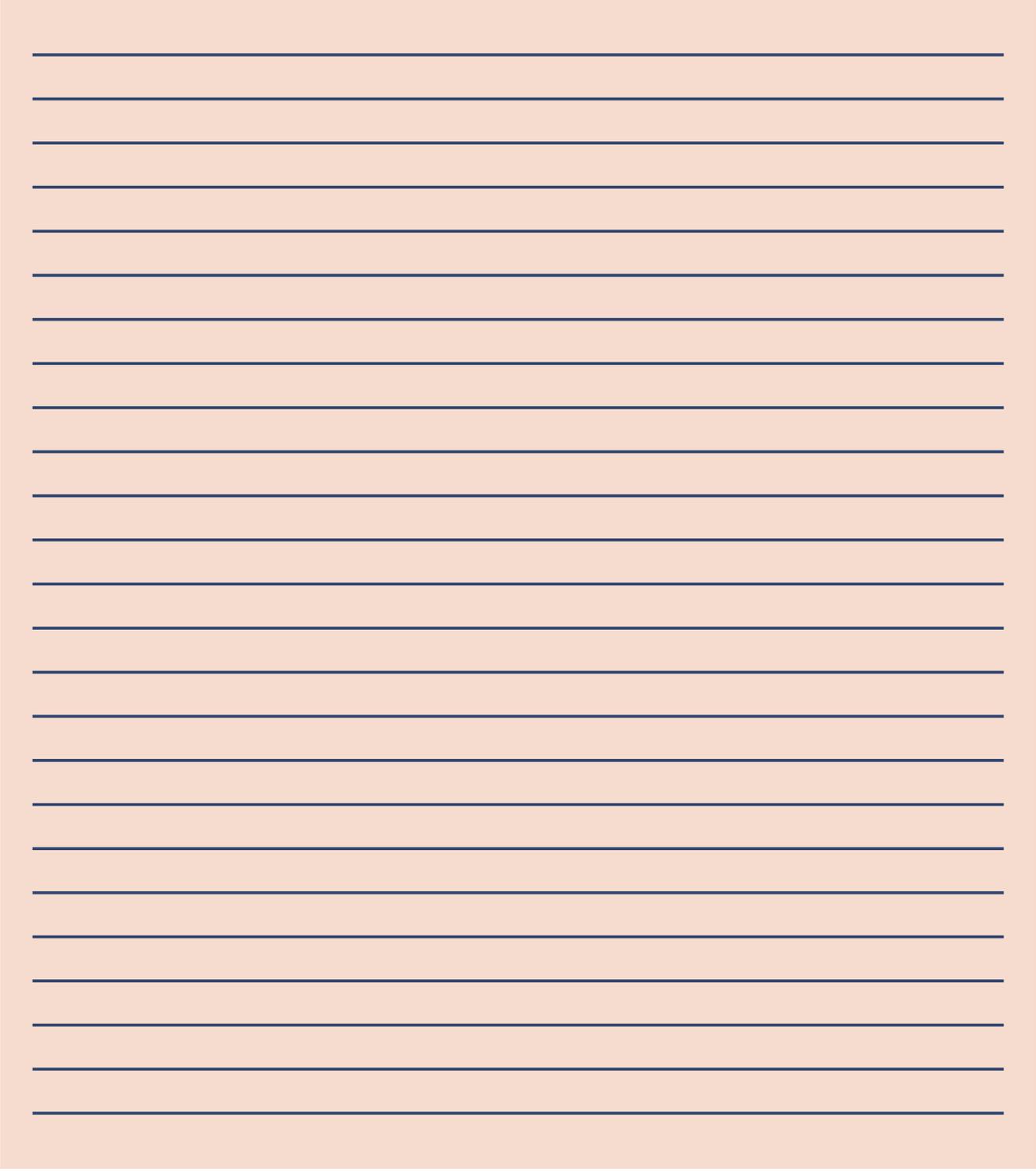
Use the following pages to help you get specific about where you can be more consistent. Use the tracker to help you build the habit.

Good luck!

XO,
Hayley

I want to be more consistent with...

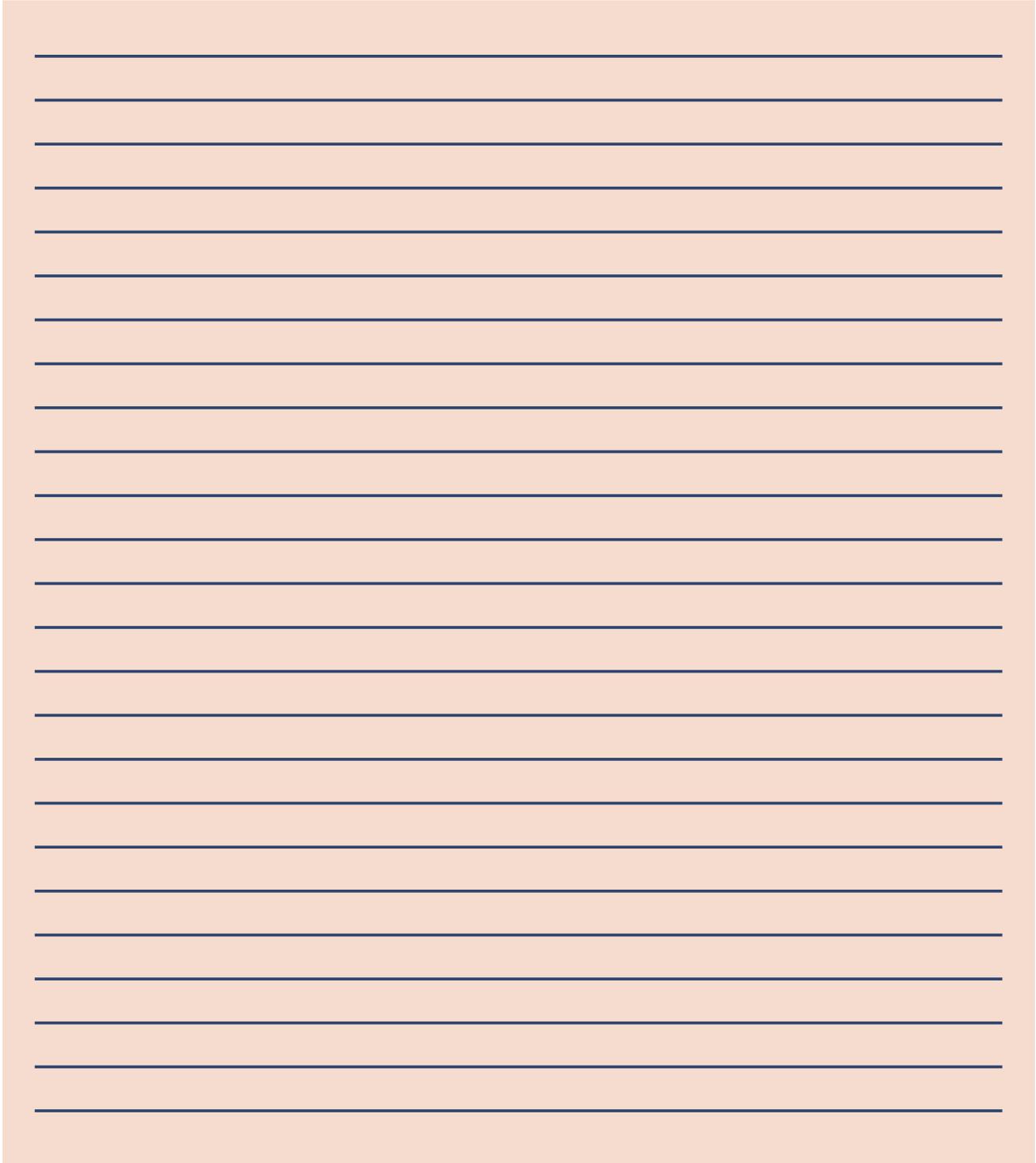
What's an area in your life that demands a great level of consistency from you?



A large rectangular area with a light orange background and horizontal blue lines for writing. The lines are evenly spaced and extend across the width of the area, providing a space for the user to write their answer to the question above.

This is why I care about it...

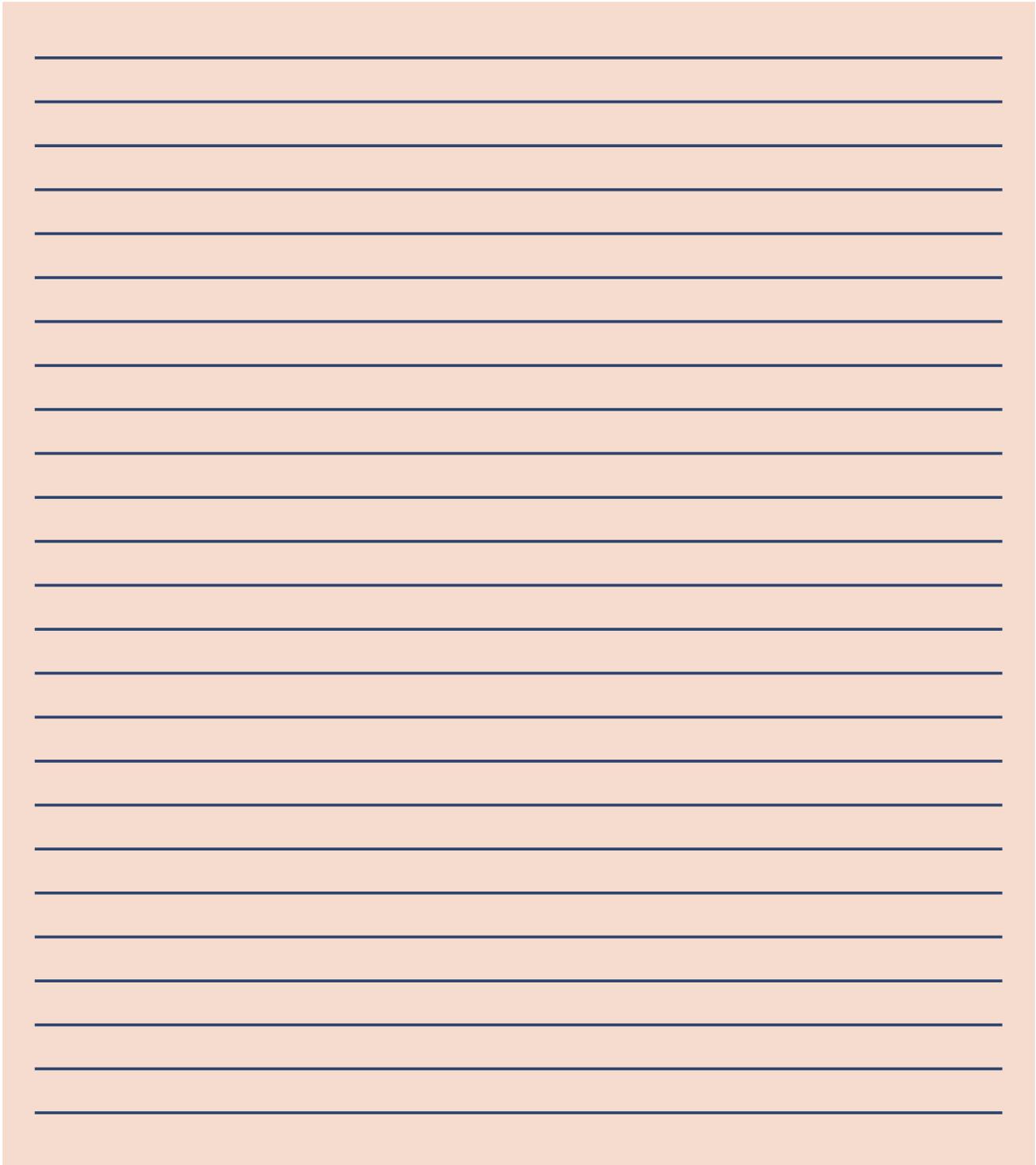
Why do you care about being more consistent in the area(s) you mentioned above?



A large rectangular area with a light orange background and horizontal blue lines for writing. The lines are evenly spaced and extend across the width of the area, providing a space for the user to write their response to the question above.

Here's what I'm doing about it...

Put together a few action steps below on how you can start being more consistent.



A large rectangular area with a light orange background and horizontal blue lines, intended for writing action steps.

21 Day Consistency Tracker

Use the following pages to log your progress in becoming more consistent.

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

TAKEAWAYS:

21 Day Consistency Tracker

Use the following pages to log your progress in becoming more consistent.

DAY 8

DAY 9

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14

TAKEAWAYS:

21 Day Consistency Tracker

Use the following pages to log your progress in becoming more consistent.

DAY 15

DAY 16

DAY 17

DAY 18

DAY 19

DAY 20

DAY 21

TAKEAWAYS:
