

# Your Plan for Daily Consistency

Everyone wants to be consistent. But consistency can be hard. Life is busy and full of distractions. With so much going on, it's easy to feel tempted to make the comfortable choices instead of the right choices.

That's why we need to pre-decide today: **I will be consistent.**

Over the years, I've developed a simple system to help me remain consistent.

Here's how it works.

I start by thinking about what's on my plate. Before I start knocking out tasks, I write everything down, then place each item into one of five categories. This simple system has dramatically improved my ability to stay consistent and focused on the right things. I believe it can do the same for you.

If you'd like to develop consistency, print out this worksheet on page 3 or copy the five categories into your notes app and start a daily practice of writing down your goals and objectives.

## To Decide

What decisions do you need to make? What has to be decided by the end of the day? Commit to taking action by making a decision.

*Example: What are you having for dinner tonight? Are you moving ahead on a big project at work? Where will you start serving at church?*

## To Delegate

What do you need to delegate? Think beyond tasks to projects and plans, too. Commit to sharing it with others in a specific timeframe.

*Example: Is there a meeting at work you can ask one of your team members to attend in your place? Can you ask your spouse to research contractors for a home renovation project?*

## To Discuss

Where do you need more information, input, or advice? What do you need to share with others? This might be at work or home. Commit to having the conversation or scheduling time for the discussion.

*Example: Do you have an idea for a new product line but want your team's input? Do you want to start giving more at church but need to discuss changes to your budget with your family?*

## To Discern

What ideas haven't yet made it to a decision or discussion, but you want to keep thinking about them? Write down what's on your mind. Commit to giving intentional thought to how you can (or if you should) move to action.

*Example: Do you feel God telling you it's time to make a career change? Is it time to start preparing your kids to be financially independent?*

## To Do

What projects or plans are you responsible for? Instead of writing down the entire project, write down one achievable step you're committed to taking today that will move the project forward.

***Example:** maybe you're in charge of planning your next family vacation. Instead of writing down "Plan family vacation" (which might feel intimidating or even impossible to do all at once), write down one step you need to take to make progress, such as "Book hotels" or "Research road trip attractions and share a list with family."*

## Bonus: Sticky Note for Essentials

Even with this focused system, the to-dos can start to pile up. That's why I copy my three to five most important tasks onto a separate sticky note and put it in a visible place. This keeps me from losing sight of my most mission-critical responsibilities each day.

Remember, no one is consistent by accident. That's why we must pre-decide: **I will be consistent.**

Use the worksheet on the following page throughout your week, and allow it to focus your attention on what matters most to you. If you commit and remain faithful, it's likely you'll see your life change for the better.

## A Prayer for Consistency

Dear God, thank You for Your consistent love, care, and grace. Please help me set goals that honor You and help me be consistent. Help me to have grace for myself on the days I'm not consistent, and give me the courage to keep moving forward. In Jesus' name, amen.

If you'd like more on how to develop consistency, check out this article from Life.Church: [www.go2.lc/consistent](http://www.go2.lc/consistent)

**TO DECIDE**

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**TO DELEGATE**

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