



differently  
RETHINK WHAT'S POSSIBLE

## Constancy vs Consistency

Think about something you're committed to. It could be in any area, like well-being, a relationship, business, spirituality, marriage, family, impact, community...anything. Choose one commitment and write it below. "I am committed to..."

What actions do you take in order to honor that commitment? Are these actions getting you the results you want? Write about that below.

Think about whether these actions have become constant (reliable but without intention) or if you might benefit from being consistent (ready to change things up and take new actions that will help you better honor this commitment. Write your thoughts below.