

THE IMPACT OF A MORE CONSISTENT YOU

ENSURE EDUCATIONAL SUCCESS
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Six Step Action Plan

This plan is intentionally simple. Simple is powerful. Simple things are easy to remember, implement, and sustain. Simple ideas implemented with fidelity create amazing results. Because so many have benefited from these action steps, we decided to make this action plan available, so you, too can discover **the Impact of a more Consistent You!**

You are the product of your consistent behaviors (or habits). Developing an action plan can help you turn your vision into reality by aligning your beliefs and actions so that you are clear about where you want to go and how you will get there. Writing things down doesn't just help you remember, it makes your mind more efficient by helping you focus on the vital tasks that are truly important. And your goals absolutely should qualify as truly important stuff. People who very vividly describe or picture their goals are anywhere from 1.2 to 1.4 times more likely to successfully accomplish their goals than people who don't. That's a pretty significant difference from just writing your goals down. This plan is not about a to do list. It is designed to give you direction a week from now when you feel like giving up. It will help you prioritize today and remind you of your vision for tomorrow.

Once you engage in creating this plan you must be purposeful with the execution of the steps. You are starting the journey to transform ideas into a plan and a plan into reality. Although the plan is simple, staying the course may not be; that's ok. Understand that part of the journey is stumbling, but staying down is not an option. Don't get discouraged if you lose your footing. Remember that the purpose of your vision is to improve the quality of your life and the life of others, and that is not an easy thing to do. Remain positive and keep your eyes on the goal. Remember to be faithful over the little and you will be ruler over much!

The Impact of a More **CONSISTENT** You

STEP 1: BELIEVE IN YOU

“Believe in yourself. You are braver than you think, more talented than you know, and capable of more than you imagine.” — *Roy T. Bennett*

Many people begin the process of trying to become more consistent by focusing on “what” they want to be more consistent. This is an external driver and it rarely, if ever, works for a sustainable period of time. The alternative is to first focus on an internal driver. This is accomplished by focusing on the question, “what do I believe about myself as related to the area of consistency that I am trying to establish?”

Imagine this scenario of two people resisting a drink. When offered a drink, the first person says, “No thank you, I am trying to quit.” It sounds like a reasonable response, but this person still believes he is a drinker who is trying to be something else. He is hoping his behavior will change while carrying around the same beliefs (external).

The second person declines by saying, “No thank you. I am not a drinker.” Small and subtle difference, but this statement signals a shift in identity and belief (internal). Behind every system of actions is a system of beliefs. When you intentionally identify your beliefs and take actions that are in alignment with those beliefs, you are more equipped to attain the desired result.

So, start by identifying what you believe about yourself in the area in which you are trying to become more consistent. Why do you believe you are inconsistent in that area? What experiences have you had that have led you to believe that way? What do you believe about your ability to change?

STEP 2: PULL OUT YOUR BINOCULARS

Where there is no vision, there is no hope.” — *George Washington Carver*

The primary purpose of binoculars is to magnify whatever you are looking at. They make it appear bigger and enable you to see farther than your unassisted eye can see. Creating a vision means looking into the future and deciding where you want to go. Sight is a function of the eyes. Vision is a function of the mind. Sight is limited to the present (the what is), while vision focuses on the future (what will be). Identify the impact that being more consistent will have and visualize the outcome. See it as clearly as if it were the present reality. Your vision will keep you focused when challenges and obstacles come. Wanting to improve your consistency is a great first step, but you don't rise to the level of your wants, you fall to the level of your vision.

Develop a clear and compelling vision for why you want to be more consistent in a given area. What does a consistent future look like? How does it feel to be consistent? Who is holding you accountable for your commitments? What impact is your consistency having on your family, work, personal life, team, friends, health, career, church, etc.

STEP 3: PULL OUT YOUR MAGNIFYING GLASS

“You need to be doing fewer things for effect instead of doing more things with side effects” — *Gary Keller*

Having a vision is dynamic and purposeful, however, you must also be able to take the right steps towards that vision in order to realize those dynamic results. If you have binoculars but no microscope, then you will be a visionary always focused on the end goal and you won't be able to take the necessary steps to realize it. The microscope is important because it allows you the ability to magnify an object and look at it in detail. Whatever it is that you are endeavoring to be more consistent with, break it down! But don't break it down into a few manageable steps...break it down into the one thing you can do more consistently until it becomes a habit and then move on to the next. And the reason is this: we all have a limited amount of energy. If we chase too many things at once, we drown our energy and clutter our minds with chaos. Instead, if we learn to direct our energy onto one thing at a time, we can go far in that “one thing” and be proud of our success as we move closer to being more consistent. The human brain gets conditioned by success, so when we have success it wants to do more and more. Therefore, you have to set yourself up for successful habits to create consistency. The “all or nothing” mindset is counterproductive. It can lead to a lot of harsh negative judgments about yourself, lowering self-esteem in the process. This cognitive distortion can disrupt attempts to change behavior. Instead, focus on the process, the one step at a time wins, and if you fall off...get back up!

What commitments will you make moving forward? What one action will you take each day to move you closer to your vision?

STEP 4: NEUTRALIZE LEECHES: Learn to Say No!

“It’s only by saying no that you can concentrate on the things that are really important.” — *Steve Jobs*

Leech bites are not dangerous or painful, just annoying. Leeches can be people or things that attach themselves to your vision, goal, or process and detract from it. Allowing these annoying leeches to hang on will never catapult you to success. Don’t let this happen. Neutralize things that lead you astray from your goals or that sap your energy. To be more consistent, you must focus your time, energy, and attention on things that are a priority to you! Many of us struggle to say no, fearing rejection, anger or just the uncertainty of what the other person’s response will be. We are used to saying “yes” to please others but it can be harmful to the development of a more impactful you if you are not more assertive. Prioritize and be committed to saying “no” to things that get in the way.

Identify leeches in your life that are stopping you from being more consistent.

How will you neutralize them?

STEP 5: FIND A STRAIGHT SHOOTER

“Accountability breeds response-ability.” — *Stephen Covey*

Wouldn't it be nice to know that you have someone in your corner who will tell you as it is? Finding an accountability partner who you trust and who has your best interest at heart can be a game changer. Improving in the area of consistency is hard, but it can be comforting to know that there's someone in your corner to steer you when you've come off track, and motivate and help you clamp down on your commitments. Let's face it, you are going to make mistakes and fail at some tasks. It's part of your growth and development process as an individual. The good thing is, your accountability partner will not judge you, but will help you get past those failures and mistakes. Find an accountability partner who is a straight shooter. This is a person who will let you know unapologetically when you're missing the mark and slacking on being consistent with your goals.

The American Society of Training and Development (ASTD) did a study in 2010 on accountability. The following factors impacted the probability of goal completion:

Having an idea or goal: 10% likely to complete the goal | Consciously deciding that you will do it: 25%

Deciding when you will do it: 40% | Committing to someone that you will do it: 65%

Planning how to do it: 50% | Having a specific accountability appointment with someone you've committed to: 95%

After reading this; how likely are you to achieve your goal of becoming more consistent alone?

STEP 6: MAKE THE CHOICE

“If you have a positive attitude and constantly strive to give your best effort, eventually you will overcome your immediate problems and find you are ready for greater challenges.” — *Pat Riley*

If you truly want to be successful, your number one task should be to create and maintain a positive attitude. When you've got an attitude of optimism, expectancy and enthusiasm, success is inevitable. Keeping a positive attitude is one of the most important things you can do if you want to lead a more productive and consistent life. When you have a positive attitude, dealing with personal and professional obstacles will be a lot easier, and you will be able to keep moving forward in the face of adversity. I know people who claim that they are pessimistic by nature, but even if that is true, deciding to stay there is simply a choice. Choose to approach being more consistent with an attitude of optimism. A positive attitude doesn't mean ignoring the challenges, obstacles, hardships and setbacks. It just means being an optimist and looking for the good in things, rather than being a pessimist and concentrating on the bad in things. Sometimes your perspective can make all the difference in the world.

How do you plan to remain positive through your journey of becoming more consistent?

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