

CONSISTENCY STARTER CHECKLIST

CHOOSE YOUR FIRST ANCHOR HABIT. MAKE IT SMALL. MAKE IT STICK.
BUILD THE LIFE YOU KEEP PROMISING YOURSELF.

SMALL CHOICES. BIG TRANSFORMATION.

This one-page checklist helps you choose a habit that fits your life and gives your brain the structure it craves to follow through — without pressure or perfection.



YOU DON'T
NEED MOTIVATION.
YOU NEED A
SYSTEM.

01 CHOOSE YOUR ANCHOR HABIT

Pick one tiny habit that aligns with the life you're becoming.

My anchor habit:

MAKE IT SO SMALL IT FEELS ALMOST TOO EASY.
THAT'S THE POINT. →

03 KEEP IT CONSISTENT (NOT PERFECT)

Track your wins. Every checkmark rewires your brain for follow-through.

	M	T	W	T	F	S	S
WEEK 1	☐	☐	☐	☐	☐	☐	☐
WEEK 2	☐	☐	☐	☐	☐	☐	☐
WEEK 3	☐	☐	☐	☐	☐	☐	☐
WEEK 4	☐	☐	☐	☐	☐	☐	☐

02 MAKE IT EASY TO START

Remove friction. Set yourself up to win.

When will I do it? _____

Where will I do it? _____

What do I need? _____

YOUR BRAIN LOVES CLARITY AND DECISIONS.
MAKE IT OBVIOUS, AND IT WILL FOLLOW. →

04 CELEBRATE YOUR PROGRESS

Your brain releases dopamine when you notice your wins.
Don't skip this part.

This week, I'm proud of: _____

I'll reward myself with: _____

THE SCIENCE OF CONSISTENCY



01

BUILDS IDENTITY

Every small win proves to your brain who you are becoming. (Neuroscience: Self-perception theory)

02

CREATES DOPAMINE

Checking off a habit releases dopamine—your brain's natural reward chemical. (Dopamine Loop)

03

FORMS LASTING HABITS

Consistency wires neural pathways until it becomes automatic. (Hebb's Law)

04

REDUCES DECISION FATIGUE

A simple system saves mental energy for what truly matters. (Cognitive Load Theory)

BE PROUD OF
THE SMALL THINGS.
THEY COMPOUND
INTO YOUR DREAM LIFE.

DOWNLOAD (FREE) →

YOUR CONSISTENCY JOURNEY STARTS NOW.
NOT TOMORROW.