

THE LAW OF CONSISTENCY



Motivation Gets You Going — Discipline Keeps You Growing

It doesn't matter how talented you are. It doesn't matter how many opportunities you receive. If you want to grow, consistency is key. From John Maxwell's book, The 15 Invaluable Laws of Growth, take a look at these four questions to help you grow in being consistent.

Do You Know What You Need to Improve?

George Larimer said “You’ve got to get up every morning with determination if you’re going to go to bed with satisfaction.” You must develop yourself to be successful. Your future is dependent upon your personal growth. When you expand yourself, you expand your horizons, your options, your opportunities, your potential. In the words of E.M. Gray, “The successful person has the habit of doing the things that failures don’t like to do. The successful person doesn’t like doing them either, but his dislike is subordinated to the strength of his purpose.”

Do You Know How You Are Supposed to Improve?

First of all, start with the simple stuff! When you attempt too much you might end up feeling discouraged. Small disciplines repeated with consistency every day lead to great achievements gained slowly over time. Set goals that are worthwhile but highly achievable. Second, continue developing patience. Persian poet Saadi instructed, “Have patience. All things are difficult before they become easy.” Everything worthwhile in life takes dedication and time. Third, focus on valuing the process. Life goals are reached by setting annual goals. Annual goals are reached by reaching daily goals. Daily goals are reached by doing things which may be uncomfortable at first but eventually become habits. Habits are powerful things. Habits turn actions into attitudes, and attitudes into lifestyles.

Do You Know Why You Want to Keep Improving?

The how and what will take you only so far. The why is what keeps you motivated long after that first rush of energy and enthusiasm wears off. It can carry you through when willpower isn’t enough. Think of it as why-power! If your growth is connected to your values, dreams, and purpose, you’ll know why you’re doing it. And you will be more likely to follow through. It is also important to learn the relationship between motivation and discipline. If you have the motivation you need, discipline is no problem. If you lack motivation, discipline is always a problem.

Do You Know When You Are Supposed to Improve?

Right now! Today! Leo Buscaglia noted, “Life lived for tomorrow will always be just a day away from being realized.” You need today to be every day. You will never change your life until you change something you do daily. That means developing great habits. Discipline is the bridge between goals and accomplishments, and that bridge must be crossed every day. Over time that daily crossing becomes a habit. And ultimately, people do not decide their future; they decide their habits and their habits decide their future. Keep consistently putting in the work as you keep believing in yourself. In the words of Michael Angier, “If you develop the habits of success, you’ll make success a habit.”

“The hallmark of excellence, the test of greatness, is consistency.” - Jim Tressel