



CONSISTENT



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# DON'T GET CAUGHT IN THE TRAP

At My Inspiration Never Dies we always talk about developing a foundation that sets you up for future success. At the end of the day you are training for life, not for an 12 week challenge, so we need a slow burn of motivation and focus.

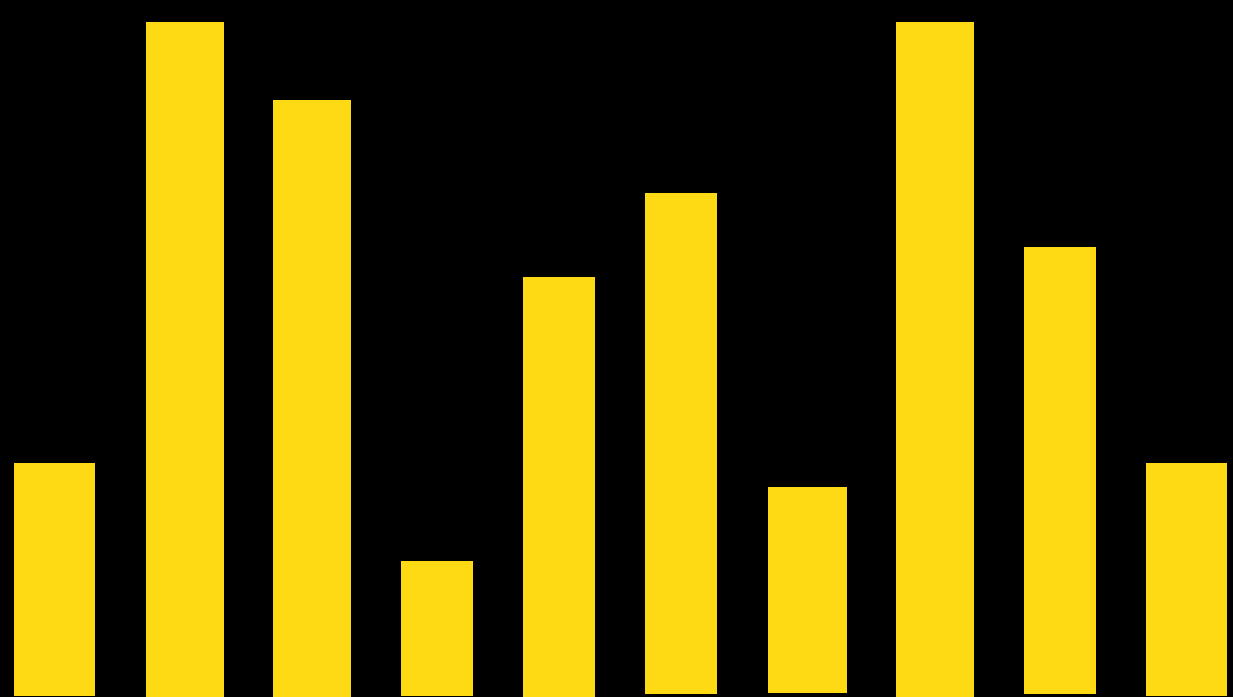
By working on your weaknesses and goals in a way that isn't overwhelming or intense we can progressively overload your system in a healthy way. Add in a touch of consistency and you will reach your wants in a more sustainable pattern ultimately leading to long-term success and growth.

Have you ever had a moment where you get intense motivation, excitement and impulse to get started?

*"Starting Monday I am going to eat healthy, go to the gym, drink water, meditate, journal and go to bed early."*

The intention is good, however what comes next is intense activity, potential injury, fatigue, or burn-out which then leads to a reduction in movement and exercise. Then your back to square one.





It doesn't have to be all or nothing each day. Consistency can look like this.

All you need to do is show up. Even the most highly motivated and inspirational people have days where they don't succeed.

By showing up you are creating patterns and habits that replace temptations and bad actions, this sets the foundation for success and supports positive habitual change.





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# CONSISTENCY V INTENSITY

Take 3 minutes to watch Simon Sinek explain the difference between consistency and intensity.



What were your main take aways?





**THE KEY TO  
REACHING YOUR**  
*potential...*  
**CONSISTENCY**



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# CHALLENGE

5 minutes a day for the next 8 days.

RAY DALIO  
'PRINCIPALS  
FOR  
SUCCESS'



AN  
ULTRA  
MINI  
SERIES  
ADVENTURE





**MIND**

MY INSPIRATION NEVER DIES