

CHAPTER 4

Gentle Consistency: Progress Without Pressure

Chapter Workbook

Take your time. There are no wrong answers.

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Gentle Consistency

This is about continuing, not perfection.

Defining Your Continuation

What does 'staying connected' mean for you?

Examples: Opening my planner • One small action • Checking in with myself

Micro-Momentum

What is the smallest action that keeps you connected to your system?

Think: What takes 30 seconds or less?

Reset Rituals

When you drift away, what helps you return gently?

Examples: Reading a supportive note • One grounding breath • Forgiving the gap

Permission to Pause

"Pausing is not failing. Pausing is part of the rhythm."

What would it feel like to pause without guilt?

Three Takeaways

Three insights about consistency:

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