

The Key to Consistency

How to Stay on Track With Your Health
& Healing Without Burnout



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Challenge #1: Mindset

Welcome & Training Overview

"I'm so glad you're here! If you've struggled to stay consistent with your health — especially with the demands of daily life, chronic pain, or unpredictable symptoms — you're in the right place. This workbook is your companion for today's training. Use it to reflect, jot down ideas, and create your personal action plan so you can finish 2025 proud of your progress."

Today You Will Learn:

- Why consistency feels impossible sometimes (it's not just "lack of willpower")
- The 4 biggest challenges that hold people back
- The 5 keys to building lasting consistency without burnout
- How to create a plan that works for your real life — not an idealized version of it

Your Intention for This Training:

"One thing I hope to take away from today is..."

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Circle what feels most true right now:

- I know what I should do, but I can't seem to stick to it.
- I start strong but fall off track after a week or two.
- I have a lot of ideas, but no clear plan.
- I feel like I'm constantly "starting over."

On a scale of 1–10, rate your current **consistency** in the following:

- Nutrition:
- Movement:
- Mindset/self-care:
- Lifestyle habits (sleep, stress management):

Self-Check:

When I miss a habit or routine, I usually:

- Keep going anyway
- Quit for the week
- Quit until I can "start fresh"

What's been your biggest barrier (real or perceived) to consistency so far?

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Reflection:

- List your current health goals:
- For each goal, ask: *Why is this important to me?* Write your answer.
- Now ask: *Why is THAT important to me?* Keep digging at least 3–4 layers deep until you hit something that feels emotional and personal.

Example:

- Goal: Lower my inflammation.
- Why? So I have less pain.
- Why? So I can spend more time playing with my kids.
- Why? Because I want them to remember me as active and present, not always tired and hurting.

Breakthrough Prompt:

What is *really* driving you to want this change?

Exercise: Now it's your turn! Use the space below and on the back of this page to journal about your current health goals and why they matter to you.

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BE - DO - HAVE

Most people go through life thinking if they just HAD the tools they thought they needed, they would be successful. Or if they could just DO the things they thought that they needed to do, they would have the results that they want. We do all this without changing who we are being, and thus the doing never sticks and the having never comes.

We cannot DO our way into having or being and we cannot have our way into being or doing.

We must first **BECOME** the person that **DOES** the things that are required to **HAVE** the results that we desire. We cannot transform our lives and our health without first. **being** the person that has the health and life that we desire.

Doing = checking tasks off a list.

Being = the thoughts, beliefs, and feelings you have over time

Exercise:

1. If you were already living as your healthiest, most vibrant self, how would you:

- Think about food?
- Feel about movement?
- Talk to yourself about your health?

2. Now list 3 “being” shifts you could start making today:

-
-
-

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Mindset Shift:

Write a statement to remind yourself of who you want to BE (the thoughts and feelings you want to have that, in turn, lead to the action you need to take in order to achieve the results you want:

Challenge #2: Perfectionism & Unrealistic Goals

“Progress is made by showing up imperfectly. I don’t have to be perfect to succeed.”

Reflection:

1. List one health goal you’ve set in the past that was too rigid or unrealistic:
2. What made it unrealistic? (Time, energy, lifestyle fit?)
3. How could you make it more flexible and realistic now?

Challenge #3: Too Many Options, Too Little Support, No Plan

Brain Dump Exercise:

List all the things you've tried or considered for your health in the last 6 months:

Circle or highlight the **1–3 most impactful actions** for your health *right now*.

Support Audit:

- Do I have a plan that feels realistic for me? Yes / No
- Do I have someone to help me stay accountable? Yes / No

Challenge #4: Giving up too early

Healing takes time. Weight loss takes time. Results... TAKE TIME.

All too often we give up after a couple of weeks or a couple of months... heck.. sometimes even after only a couple of days. We must keep in mind that our body did not develop dis-ease, symptoms, weight-loss resistance, etc overnight.

Sometimes we can see results quickly. Some symptoms resolve swiftly. Others, they linger like the smell of your grandmother's perfume. Often times our body is doing powerful inner work and healing that may not lead to noticeable outward results. When we give up without giving our body time, then we cut ourselves short, hualt progress, and inhibit results.

Reflection:

- Do I expect my body to show me progress in an unrealistic timeframe? Yes/No
- How can I remind myself to stay the course, even when I am not noticing outward results that I would like to be seeing them in the time I would like to see them in?

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Key #1: Find your deeper “why.”

My why:

Key #2: Focus on who I am being.

One way I can “be” the person with my desired result:

Key #3: Show up imperfectly.

One small action I can take even on hard days:

Key #4: Simplify, focus, and plan.

My 1–3 core habits right now:

Key #5: Give yourself time.

Write a note and remind yourself OFTEN that dis-ease did not develop overnight, and healing takes time.

My 7-Day Consistency Commitment

This week I will:

I will remind myself:

How can I anticipate life events and plan accordingly? What can I do when life throws me a curveball so I can stay on track without feeling like I've failed or need to start over?

Signature: _____ Date: _____

"Consistency is not perfection – it's showing up for myself again and again."

Next Steps & Staying Connected

If you want help staying consistent without burnout:

- Feel free to leave a comment in the group, email me, or book your free discovery call
- Let's get clear on your goals, where you're stuck, and what support you need.

Connect with Me:

- Email: Courtney@VitalityHolisticHW.com
- Cell phone: 412-254-4620
- Book a call: <https://www.vitalityholisticchw.com/book>
- Vitality FB Group: <https://www.facebook.com/groups/628453353371755>
- Personal FB Page: <https://www.facebook.com/courtney.michelle.9693001/>
- Instagram: <https://www.instagram.com/vitalityholisticchw/>
- Live Training Replays: <https://www.vitalityholisticchw.com/livereplays>
- YouTube: <https://www.youtube.com/@VitalityHolisticHW>

"You don't need to overhaul your life to change it. You just need to start – and keep starting – until it becomes who you are."

The Key to Consistency

In "The Key to Consistency," discover how to navigate the challenges of maintaining health amidst life's demands, chronic pain, and unpredictable symptoms. This workbook empowers you to identify personal barriers, redefine your mindset, and develop a realistic action plan that fosters lasting change without burnout. With practical exercises and insights, you'll learn to embrace imperfection and create a sustainable path towards your health goals, ensuring you finish 2025 proud of your progress.

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