



Consistency Commitment Contract

Consistency is the bridge between goals and results. This contract is your personal pledge to show up, stay accountable, and build unstoppable momentum. Sign it, date it, and use it as a reminder that your actions matter—even when it's hard.

Step 1: Declare Your Commitment

I, _____, commit to taking consistent action toward my personal growth and training. I recognize that small, daily efforts compound into real, lasting change.

My main goal / focus for this period: _____

Start Date: _____

Review Date: _____

Step 2: Define Your Actions

I commit to completing the following actions/habits consistently:

1. _____ (example: 20-minute workout, journaling, meditation)
2. _____
3. _____

Optional: Add a timing/frequency: _____

Step 3: Identify Potential Obstacles

I acknowledge that challenges will arise. My plan to overcome them:

- Obstacle 1: _____ → Solution: _____
- Obstacle 2: _____ → Solution: _____
- Obstacle 3: _____ → Solution: _____

Step 4: Accountability & Support

I will check in with my accountability system to stay on track:

- Accountability Partner / Group: _____
- Check-in Frequency: _____
- Method: (call, text, email, journal) _____

Step 5: Commitment Statement

I understand that **showing up consistently**—*even imperfectly*—is the key to building momentum and achieving my goals. I commit to my actions with courage, focus, and persistence.

Signed: _____

Date: _____