

CONSISTENT ACTIONS

The Macquarie International Dictionary gives the meaning of consistent as: “Reliable – able to maintain a particular standard or repeat a particular task with minimal variation”.

“In essence, if we want to direct our lives, we must take control of our consistent actions. It’s not what we do once in a while that shapes our lives, but what we do consistently.” Tony Robbins.

It is not enough to plan – you must consistently work your plan. Being consistent means having an action plan which you engage in daily to achieve results that are measurable. Being consistent in your work habits and follow-up are certainly key factors and choosing consistency as a way to operate sets a pattern that combats laziness, keeps you focused and strengthens your determination. The power of engagement on a daily basis translates into persistence.

“If our words are not consistent with our actions, they will never be heard above the thunder of our deeds.” (H. Burke Peterson.) Make sure your words match up with your actions. Do not promise what you are unable to carry through to the end.

Certain behaviours have a direct impact on how others view you – negatively or positively. Are you seen as productive or non-productive? Are you reliable or unreliable? Negative, unreliable and non-productive people can’t be counted on because their inconsistent behaviour doesn’t foster confidence. On the other hand, those who demonstrate reliability, who are as good as their word, only need to be asked once to complete a task. They have built a reputation for positive performance. Their consistent behaviour is always evident and they are appreciated.

The most critical challenge for everyone working toward a goal is the need to take purposeful, consistent action. You need to be persistent and determined to achieve your purpose, often against all odds. Consistent action is producing the required results with an undivided and unwavering resolve.

There are very few things that will give you the result you want in just one single action. For example, we do not build a relationship on just one meeting. Many actions need to be repeated on a regular basis until they create results. In our ‘instant’ society, many people give up trying something after only a few attempts because they are not prepared to be patient and consistent in their methods. They think the process will not work for them since they have tried it a couple of times. Consistency must become the norm for everyone looking for success in their lives. By being consistent you cut out all the distractions and overcome difficulties, so it is necessary to understand the importance of being consistent and harnessing the principle to our lives. Nothing will replace consistent action in a purposeful manner. You must plan your work and work your plan consistently to ensure success.

When an athlete goes into training, he practices hard to improve his skills. He may not manage the exercises perfectly at the beginning and he may fail many times, but he consistently repeats the exercises, over and over again until they are second nature to him. That kind of training is critical and he can’t be a winner without it. You too, must train yourself to be consistent. Don’t get discouraged when you stumble and fail, you are just out of practice. Don’t give up, just get back up and do it again until consistency is second nature

to you. It will then be easier for you to take action toward your objective and you will be able to respond in new, positive ways to obstacles that may loom in your path.

When you are consistent, others recognise you in a positive light. You never know who you will meet and the difference that encounter will have on your life. It comes down to being consistent in your business, in your behaviour, and in your plan to be of service to others.

Consistent persistence is the prelude to excellence. When you stand for something and engage to do it well, you create remarkable results. You will, in turn, attract top people and reap rich rewards for your efforts.