



MINIMUM CONSISTENCY WORKSHEET

A gentle structure for hard days and good days.

1. One Area I Want to Be Consistent In

(Example: prayer, writing, movement, rest)

2. My Minimum on Hard Days Is

(Example: 5 minutes, 1 paragraph, one stretch)

3. My Structure Looks Like

Time of day :

Location:

Start Cue:

End Cue:



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4. On Days I Miss It, I Will

- ☐ Resume Tomorrow
- ☐ Avoid self-judgment
- ☐ Not restart from zero

5. Scripture I'm Anchoring This To

(1 Corinthians 14:40 / Proverbs 21:5 / other)
