

Penny Perspective #3: Consistent Action

TRUE GROWTH occurs when life is messy, difficult, or challenging . The only way to reach your goal is to show up and start climbing the ladder of success...YOUR ladder of success!

Actions (The DO-ing): SHOW Up. STEP Up.

TWO things will move you quickly up the ladder:

- **Show up every day.** This is leadership through presence: just being there is extremely important. Where do you need to show up in your life? Make a list of the 3 most important things in your life RIGHT NOW. These will change over time. The secret is to stay focused on the few that matter the most NOW.
- **Continually step forward.** Remember, each rung is equally important. Successful people do the hard and messy work that no one else wants to do, but must be done. Once you've begun the climb, maintain your momentum. You will get tired, the rungs may be farther apart at times, but KEEP GOING!! Today, list 2-3 small ways you can show up to the 3 important things listed above. Every...single...day (i.e. If one thing is your physical health, walking for 30 minutes every morning, drinking 8 glasses of water every day, or eating vegetables with dinner every night may be on your list). Now you know where to start your climb!

Mindset (The BE-ing): Commit To Yourself & Celebrate The Tired Days!

Consistent action is similar to the process of muscle building: When muscles do more work than they are used to, they suffer minor ruptures. These micro-tears present as muscle soreness. The body repairs the mini-injuries while at rest. The resulting muscle is slightly larger than before, and better able to handle future stress.

Here are a few mental re-frames to help you out with being tired or discouraged:

- Be encouraged when you feel tired or weary from showing up and doing what you committed to. In fact, make your exhausted self do a little happy dance...because **showing up (especially when you really didn't want to) deserves a celebration!!** By keeping these commitments to yourself, you are strengthening your muscle of "consistent action!" Pretty soon, climbing the ladder will feel like second nature...and may even start GIVING you energy!! Where will you show up today, even if it's hard?
- Don't forget to look down once in awhile to see how far you've come! That is inspiration you can provide to yourself!!! How good does THAT feel?! In fact, stop and take a look backwards right now. Where in your life have you come a LONG WAY?!

Look how strong you are getting! Doesn't that make the climb a little more worth it?!