

# Meme Triad: Consistency (Problem-Focused)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. *What do I hope to achieve with my life?*
2. *Are my actions helping me to achieve those goals?*

The first step in achieving consistency in life is to ask ourselves, before taking any action, "What do I hope to accomplish by doing this?"

In the 'Meme' space below, write a meme that has kept you from achieving consistency in your life.

In the 'What' space below, list a goal that you would like to achieve, but have thusfar been unable to achieve.

In the 'Why' space below, list some of the things that have caused you to lose focus on your goals. Keep the focus on things you have control over. Remember, you can't change others...you can only change yourself!

In the 'How' space, write down how loss of focus has led to failure to achieve your goals.

After answering these questions, which side of the triangle would be the easiest to change? How would you change it?



What: \_\_\_\_\_

\_\_\_\_\_

Why: \_\_\_\_\_

\_\_\_\_\_

How: \_\_\_\_\_

\_\_\_\_\_