

Meme Triad: Consistency (Solution-Focused)

Name: _____ Date: _____

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

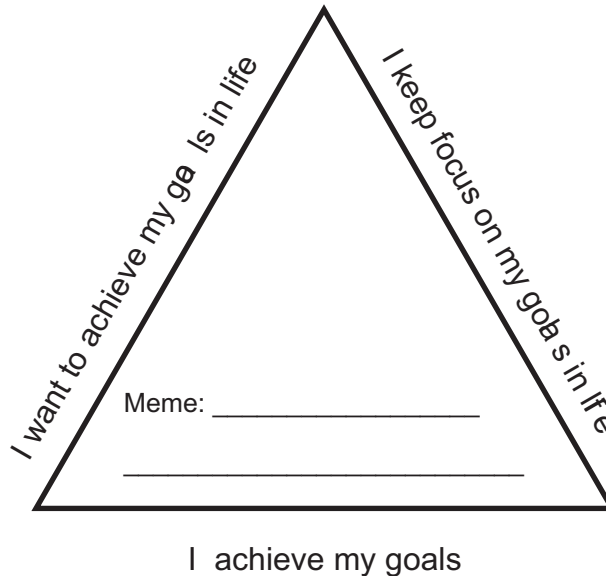
The first step in achieving consistency in life is to ask ourselves, before taking any action, "What do I hope to accomplish by doing this?"

In the 'Meme' space below, write a meme that has helped you to achieve consistency in your life.

In the 'What' space below, list a goal that you have achieved, and how you've been able to achieve it. Alternately, you may list a goal you'd like to achieve, and how your meme will help you to achieve it.

In the 'Why' space below, list some of the things that have helped you to keep focus on your goals.

In the 'How' space, write down how keeping focus has led (or will lead) to the ability to achieve your goals. How can you use these skills to continue to meet your goals?



What: _____

Why: _____

How: _____
