

CONSISTENCY METRIC

Weigh the Reliability of Your Habits

Pairs with *The Master Leader* chapter 4, “Consistency”

The Consistency Metric is a simple chart to help you track your consistency for two weeks across ten habits. What makes this so powerful is that each of these habits are what we call “cornerstone habits.” These are practices that naturally replicate themselves in other daily practices. When you master any one of them, they “spill over” into multiple other areas of your life, making you exponentially more disciplined.

For the next two weeks, monitor your consistency. Put an “X” in a box when you accomplished each task. Put an “O” in a box where you failed to be consistent. In the “observations” column note any exceptions or excuses why you couldn’t accomplish an item (vacation, sickness, etcetera), any surprises (how difficult it was or how good it made you feel), and consequences (increased effectiveness, energy, etcetera).

Note: These are all habits that empower other positive habits in your life. They are carefully selected to generate the most benefit in your life. Not all of them are to be done every day. So, for example, if you are exercising four days a week, the other three days can be left blank without putting an “O” in the box.

Habit	1	2	3	4	5	6	7	8	9	10	11	12	13	14	Observations
Made my bed															
Read the Bible															
Prayed															
Left for work on time															
Was on time for meetings															
Responded to email															
Left work on time															
Exercised															
Shared meal with family															
Expressed gratitude															

