

# CONSISTENCY CHALLENGE

WITH NADINHA DIAS



MASTER CONSISTENCY WITH SIMPLE STEPS

# WELCOME

Hey there,

Welcome to the Consistency challenge Booklet.

I am delighted to see you here and to be going on this amazing journey with you.

In this booklet you will find:

- What is? (definitions)
- Exercise to help you be clear about your needs
- I commit Form - to keep you accountable
- 21 days checklist

Remember to focus on the thing you want to be consistent at:

- One thing at the time
- Be specific
- Ensure you are able to repeat it daily
- Challenge yourself for 21 days and you will know the basis to be consistent in everything you do!

Support is important:

-Join the buddy system - find a buddy who can help you be accountable during your challenge, so you both complete the challenge together and motivate one another into completing the tasks successfully.

-Let me know how you are doing! tag me into your challenge posts on Instagram @nadinhadias and use the #consistencychallenge18

-You can also join Deity Society FB Empowerment group and share your journey with us!

# ABOUT NADINHA DIAS

Founder of Mama Woman Wine and Co-Founder of Deity Society Workshops and Empowerment group, an international Empowerment Life coach who is passionate about Empowering women and see them grow and create the life their desire.

Nadinha's professional background in psychology and management and has always been sure her mission was to serve others helping them love themselves and grow.

In 2011 after her godmother passed away, Nadinha started looking at life differently, and so she started looking for answers, in search of her life purpose.

After a few years juggling motherhood, a home, a career and her studies by herself, Nadinha graduated from Middlesex University in Psychology, she then got promoted at work and later in 2017 has given birth to her second boy (after 16 years).

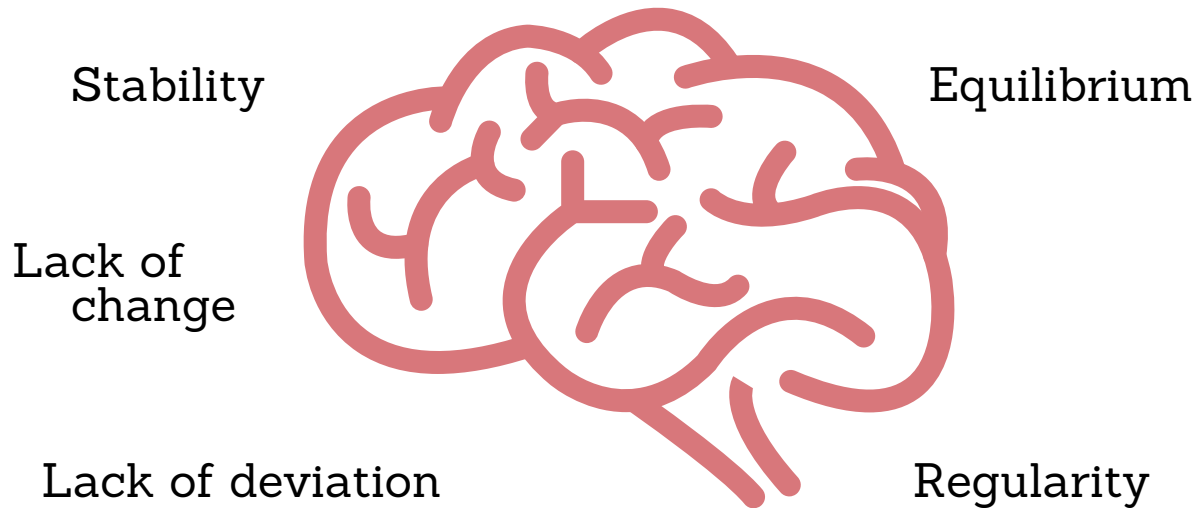
And so Mama Woman Wine was created, Nadinha felt that women should empower one another and lift each other up, she has taken courses and training in coaching and has coached women to success!

Connect with Nadinha Dias

[www.instagram.com/nadinadidas](https://www.instagram.com/nadinadidas)  
[www.facebook.com/coachnaadinhaidas/](https://www.facebook.com/coachnaadinhaidas/)  
[www.facebook.com/groups/deitysociety/](https://www.facebook.com/groups/deitysociety/)  
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# WHAT IS?

BEING CONSISTENT:



CONSISTENCY IS THE KEY TO SUCCESS!

Is IMPORTANT because:

Develops routines

Builds momentum

You will finish what you have started

You will feel accomplished and in charge!

Being consistent helps you with:

- Personal Life
- Creating something new
- Business /Job
- Nutrition/diet
- Weight loss
- Gym routine
- Boost your confidence

A lot of people say they want to achieve their dreams and goals, and sometimes they even have it all figured out:

- The Goal
- The Why
- And How

However, most lack consistency!

People work towards something for a week, they are really excited for the first 2 weeks and then BOOM! procrastination kicks in, laziness, lack of motivation and so on. and there they are resting for another week...

ERRG NO!

THAT AINT GOING TO WORK!

If you want to achieve something consistency is the KEY, you have to commit to showing up every day!

*"All paths to success are paved of consistency"*  
unknown

This is why you really will smash it and really work on your consistency for the next 21 day with a few simple steps!

ARE YOU READY?

# I COMMIT

## My contract with the Universe

I, commit to working on my consistency daily for  
21 days\_\_\_\_\_

I will be \_\_\_\_\_ every day  
for 21 days at \_\_\_\_\_AM/PM.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Sign:\_\_\_\_\_

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

# LET'S BE CLEAR

Jot down the things you want to be consistent with:  
(remember to be clear)

- 1.
- 2.
- 3.
- 4.
- 5.

Now score them from 0-10 level of difficulty you have encountered.

Example:

- I want to be consistent with attending the gym 5 days a week and rest two (5)

Now let's pick 3 out of your list (the more important)

- 1.
- 2.
- 3.

# LET'S BE CLEAR

Which one do you believe is the most important that it will get you moving every single day for?

->

Remember that your action should be specific so you can repeat it every day for 21 days

Explain what's your WHY:

->

What can get in the way?



# DAILY CHECKLIST

Day 1: Have clear goals

Day 2: Which goals are the priority?

Day 3: Display your goals where you can see

Day 4: Concentration is key to consistency

Day 5: One thing at a time

Day 6: Know what triggers you

Day 7: Keep an eye on your why

Day 8: Create a Mantra

Day 9: write a gratitude list

Day 10: the reasons for your gratitude

Day 11: Feed your brain

Day 12: Patience is a virtue - Be patient

Day 13: Show up - this will give you results!

Day 14: Visualize it.

Day 15: Who are you?

Day 16: No days off - Keep Going!

Day 17: No excuses - You almost there!

Day 18: Too late to give up now.

Day 19: Who do you inspire?

Day 20: Self-care day?

Day 21: You did it... Let's do it again?

WELL DONE  
YOU HAVE COMPLETED YOUR  
CHALLENGE  
How does it feel?

NOW, YOU CAN DO IT BY YOURSELF  
WHY NOT TRY FOR ANOTHER  
21 DAYS!