

DON'T BREAK THE CHAIN

CHAIN = 100 Download Sites - CONSISTENT = 6m

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	70
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

Consistency?

Repeat the action enough times until it becomes easy to be consistent in it.
Every X you mark on your calendar is another small step in the right direction.
But it's the accumulation of those X's that compound into one big leap.