



**IF YOU STRUGGLE WITH
CONSISTENCY, READ THIS**

@thejager_

◀ SWIPE ≡

- **CREATE A PLAN**

A plan will be there when your motivation isn't, make one right now.

- **SET DAILY PRIORITIES**

Write down your 3 big things for the day and crush them.

- **SET A TIMER**

You've heard it before:

- 25 minutes of work
- 5-minute break
- Repeat

- **BATCHING TASKS**

If you have 3 - 4 easy tasks that you can do at the same time, do it.

- **EAT THE FROG**

Always do the hardest task first,
it'll make the rest of the day
awesome.

- **DAILY CLEAN-UP**

Spend 3 minutes at the end of the day cleaning up and organising. Your future self will thank you.

• TAKE EXERCISE BREAKS

You can:

- Walk
- Do yoga
- Stretch out

It will do wonders for you.

- **HAVE A NOTEPAD AT ALL TIMES**

Stopping to do something else hurts your progress. If you have a thought, write it down.

Drop a 100 if you reached this last slide!

This shows you are part of the 0.01% who actually finish what they start.

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