

5 Enemies That Block Your Goals

What do you still want to accomplish in 2019?

As we plod through the dog days of summer, it is good to recall the importance of consistency.

It's hard to find a better recipe for achievement than sustained, consistent effort.

5 Enemies of Consistency:

1. Distractions
2. Procrastination
3. Foggy Goals
4. Lack of journaling
5. Majoring on minors while minoring on majors

What needs to happen for you to feel happy about your progress before the end of 2019?

What's your next step?