



CONSISTENCY MEANS KEEPING TO A STANDARD OR LEVEL OF EXCELLENCE WITH MINIMAL VARIATION.

Write down three ways you have shown consistency by maintaining reliable or uniform standards of behavior; first, at the studio, then, at school or work, and at home:

At the studio: _____

At school or work: _____

At home: _____

Describe why deviation or variation from a standard is usually seen as a negative thing?

How is consistency beneficial in both your martial art and in your walk with Christ?

List 5 things in which you will seek to improve your consistency:

1. _____

2. _____

3. _____

4. _____

5. _____



“For though your hearts were once full of darkness, now you are full of light from the Lord, and your behavior should show it!”

- Ephesians 5:8 NLT

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