SKILL TREE™

1: *The Power of Consistency*

13–16 ADULT

A Lesson on Momentum, Personal Growth, and Building Your Competitive Advantage One Step at a Time

Introduction for the Facilitator

Consistency is one of the most powerful forces in adult success. Talent and ambition only take us so far. The real breakthrough comes from showing up steadily and doing the work—especially when it's inconvenient, uncomfortable, or imperfect.

This lesson helps learners understand that consistency is not about perfection; it's about persistence. When applied intentionally, even small actions can build confidence, progress, and ultimately, a **personal competitive advantage**. These skills become the cheat codes and shortcuts that allow learners to reach their lifestyle goals, whether they dream of building a business, growing in a trade, getting promoted, or creating a life that's calm and secure.

These professional skills are what set people apart—not instead of technical ability or academic knowledge, but alongside them. Together, they create a winning combination for long-term success.

Built for adults of all ages in college and workforce development settings, this lesson includes:

- **A relatable Scenario to introduce the concept**
- **8 Guided Group Discussion Questions with follow-up questions**
- **8 Journal Prompts to reflect on what they're learning**
- **8 personal Skill-Building Strategies**
- **A printable Action Planner for student reflection and application**

CAREER TREE®

AUTHORED BY markcperna

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Scenario: Starting Strong... Then Falling Behind

Jayla, 20, is in her second semester of a certification program. She started the year highly motivated, organized, committed, and arriving early to every class. But by the second month, her job added more hours, she missed one assignment, then another. Her focus dropped, and she hasn't submitted anything in over a week.

"I'll catch up this weekend," she tells herself. But when the weekend comes, she's mentally exhausted. She knows she's capable, but she doesn't know how to restart.

What Jayla doesn't realize yet is that she doesn't need to be perfect. She just needs to take one small step—and then another.

Guided Group Discussion Questions

1. **Why do so many students and trainees start strong but struggle to stay consistent?**
   Follow-up: What patterns or life challenges get in the way?
2. **What does consistency actually look like in daily life for someone in a job, training, or academic program?**
   Follow-up: How is it different from perfection?
3. **How can small actions, repeated daily, become "shortcuts" to long-term success?**
   Follow-up: Can you give an example from your own life?
4. **When people fall behind, what thoughts keep them from restarting?**
   Follow-up: How could we reframe those thoughts?
5. **What does it feel like when someone shows up for their team or job consistently?**
   Follow-up: How does that contribute to building trust and advantage?
6. **How does consistency shape someone's personal competitive advantage in school, training, or work?**
   Follow-up: Why does that matter for your future?
7. **What lifestyle goals become easier to reach with greater consistency?**
   Follow-up: What's one thing you'd gain if this skill improved?
8. **If you focused on one small action for 30 days, what would it be?**
   Follow-up: What would need to change for that to happen?

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Journal Prompts

1. **Write about a time you stayed consistent and achieved a goal, no matter how small.**
2. **What habit or task do you often fall behind on? Why is it hard to maintain?**
3. **What's one daily action you know would help you, even if it seems minor?**
4. **What are you working toward—career-wise or personally—that would benefit from more consistency?**
5. **What do you usually tell yourself when you fall off track? Is that story helping?**
6. **How does "progress, not perfection" apply to your school, job, or training right now?**
7. **Who is someone you admire for being consistent? What do they teach you?**
8. **What would happen if you committed to one consistent habit for 30 days? What could shift?**

Skill-Building Strategies

1. **The 5-Minute Rule:** If it takes less than 5 minutes, do it now. Build micro-momentum.
2. **Weekly Reset Routine:** Pick one day each week to reflect, plan, and prepare.
3. **Habit Pairing:** Connect a new habit to something you already do (e.g., review your planner with your morning coffee).
4. **Don't Break the Chain:** Use a visual tracker or calendar to mark daily wins.
5. **Accountability Partner:** Pair with a peer, coworker, or mentor to check in once a week.
6. **Progress Tracker:** Focus on frequency, not perfection. Log any effort.
7. **Restart Script:** "I'm someone who keeps going—even after a missed day."
8. **30-Day Focus:** Pick one habit or task and build a 30-day streak, no matter how small.

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1: THE POWER OF CONSISTENCY:
Your Action Plan for Building a Personal Competitive Advantage

Reflect and Prepare

Name:

What Is Consistency?
Consistency means showing up with small, steady effort...especially when life isn't perfect. It's how you build trust, progress, and your competitive advantage.

Why This Matters to Me
In your own words, why does consistency matter for your goals, career, or life?

_____

_____

_____

_____

_____

_____

My Focus Area
Where do you want to build consistency right now?

❏ Time management
❏ Classwork or training
❏ Attendance or punctuality
❏ Health and wellness
❏ Communication or follow-through
❏ Finances
❏ Other: _____

What Gets In the Way?
What patterns, thoughts, or barriers have thrown you off in the past?

_____

What's one small change you could try this week?

_____

_____

Belief Shift
Circle or write a belief to support your growth:
"I don't need to be perfect to make progress."
"My consistency is a shortcut to my lifestyle goals."
"I keep going, even when I miss a day."
"Small steps build big wins."
Other: _____

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Habit Focus + Tracking

Name:

My 28-Day Focus Habit

What small, consistent action will you practice for 28 days?

_____

When will you do it?_____ Where?_____

How will you track it?

❑ Paper log ❑ App ❑ Calendar ❑ Other: _____

Restart Plan

When I fall off track (because I will), I will:

❑ Use my restart script: "_____"

❑ Do a 5-minute reset

❑ Reach out to someone in my support network

❑ Other: _____

Weekly Check-In Prompts

1. What worked this week?

_____

2. What didn't go well and what got in the way?

_____

3. What impact did consistency have on your stress or progress?

_____

4. What will you adjust for next week?

_____

28-Day Habit Tracker

My habit: _____

Week 1 ❑ ❑ ❑ ❑ ❑ ❑ ❑

How did week 1 go? Circle one word:

✔ Focused ✔ Encouraged ✔ Frustrated
✔ Confident ✔ Tired ✔ Proud

Week 2 ❑ ❑ ❑ ❑ ❑ ❑ ❑

How did week 2 go? Circle one word:

✔ Focused ✔ Encouraged ✔ Frustrated
✔ Confident ✔ Tired ✔ Proud

Week 3 ❑ ❑ ❑ ❑ ❑ ❑ ❑

How did week 3 go? Circle one word:

✔ Focused ✔ Encouraged ✔ Frustrated
✔ Confident ✔ Tired ✔ Proud

Week 4 ❑ ❑ ❑ ❑ ❑ ❑ ❑

How did week 4 go? Circle one word:

✔ Focused ✔ Encouraged ✔ Frustrated
✔ Confident ✔ Tired ✔ Proud

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