

# CONSISTENCY

## CHARACTER COUNTS



**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 Krav Maga, then, at school, and at home:

At Krav Maga: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

At school: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

At home: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If you don't stay consistent, what can be the consequences of that?

\_\_\_\_\_  
\_\_\_\_\_

How is consistency beneficial in both your self-defense skills and with school?

\_\_\_\_\_  
\_\_\_\_\_



List 5 areas 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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