WELLBEING
ENGLISH

Consistency: Discipline, Identity & the Cost of Showing Up

Advanced (C1-C2)

Part 1. Read the quotes below and discuss the questions.

"Consistency is what transforms average into excellence."	**"Obsessive consistency is the enemy of creativity."**	**"You do not rise to the level of your goals. You fall to the level of your systems."**

1. Which of these ideas feels most aligned with your current thinking?
2. Do any of the quotes seem to challenge the others?
3. When you think about consistency, do you associate it more with achievement, identity, creativity, or something else?

Part 2. Take one minute to reflect on the areas of life below. Discuss how consistent you tend to be in each one. Then, discuss the questions.

Physical health	**Learning or professional development**	**Relationships**	**Emotional regulation**
Financial habits	**Creative projects**	**Personal routines (sleep, planning, organisation)**	**Digital behaviour (screen time, social media, focus)**

1. What makes consistency easier in the areas that feel stable?
2. In the area where it fluctuates, what tends to disrupt it?
3. Do you think inconsistency in some areas might reflect changing priorities rather than weakness?

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Part 3. Read the text below.

We often talk about success as if it comes from sudden breakthroughs. A moment of inspiration. A burst of energy. A turning point.

In reality, most meaningful progress happens much more quietly.

Small actions repeated over time tend to build momentum. The changes are subtle at first. You might not notice much difference from one day to the next. But over months, the effect compounds. What once felt like effort begins to feel normal.

Psychologists sometimes suggest that consistency shapes identity. When you repeatedly act in a certain way, you begin to see yourself differently. Showing up regularly, even in small ways, reinforces the belief that "this is who I am".

The difficulty is that consistency rarely feels exciting. It can feel repetitive. Predictable. Occasionally dull. Intensity feels dramatic. Repetition feels ordinary. Yet it is often the ordinary behaviour that produces lasting change.

Part 4. Discuss the following questions.

1. Which part of the text feels most convincing to you?
2. Is there anything you would challenge or nuance?
3. Do you think identity is shaped more by repetition than by intention?
4. Can consistency ever become psychologically draining?

Part 5. Complete each expression with one missing word. Then decide whether you agree or disagree with the statement, and be ready to explain why.

1. Success is rarely dramatic. Most progress comes from simply _____ up, even when you do not feel like it.
2. If you want real results, you have to stick _____ something long enough to see it _____.
3. People often give up just before they turn a _____ and start seeing progress.
4. Staying consistent means keeping your _____ on the ball, especially when motivation drops.
5. In the long run, slow and steady wins the _____.
6. You cannot expect to get ahead if you keep chopping and _____ your routines every few weeks.

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Part 6. Below are pairs of statements. For each pair, decide which statement you agree with more. Be ready to justify your position and consider whether a balanced position might exist between the two.

A. Strong routines protect mental energy and reduce stress.

B. Strong routines limit spontaneity and reduce creativity.

A. Consistency builds resilience because it trains you to act without emotion.

B. Acting without emotion for too long can disconnect you from yourself.

A. Discipline is simply doing what needs to be done.

B. Discipline can sometimes become self-punishment in disguise.

A. Mastery requires repetition, even if it feels monotonous.

B. If something feels monotonous for too long, it may be a sign to change direction.

Part 7. Read the situation below.

Oliver is known among his friends as "the disciplined one". He wakes at 5am without fail, tracks his habits daily, rarely deviates from his routine, and prides himself on never "falling off track".

On paper, everything looks impressive.
In reality, he feels constantly on edge. If he misses one workout, he spirals. If his routine is disrupted, he becomes irritable. He says he values consistency, but secretly he feels exhausted and slightly trapped by the standards he has set for himself.

Recently, he has started to wonder whether his discipline has quietly turned into something else.

Part 8. Discuss the following questions based on Oliver's situation.

1. What do you think Oliver is getting right?
2. Where might he be putting unnecessary pressure on himself?
3. What would you suggest he adjust?

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Part 9. Read the statements below. Decide whether each one is a goal or a system. Be ready to explain why.

A **goal** is something you want to achieve.

A **system** is a repeated action that makes the goal more likely.

1. Save more money.
2. Transfer £100 into savings on the first of every month.
3. Become more confident at work.
4. Speak up at least once in every meeting.
5. Write a book.
6. Write 300 words every morning before work.

Part 10. Think of one goal you currently have. Now turn it into a simple system by completing the sentences below. Then, discuss the questions.

1. My goal is to…
2. A small action I could repeat is…
3. I would do this… (how often?)

Discuss:

- Would this help you show up consistently?
- Is it realistic enough that you could genuinely stick to it?
- Would it help you keep your eye on the ball when distractions appear?
- Could this approach help you eventually turn a corner?
- Does it reflect a "slow and steady wins the race" mindset? Or is there a risk you might chop and change after a few weeks?

REFLECTION

Complete the sentences with your own ideas.

1. Consistency is powerful when…
2. Consistency becomes harmful when…
3. Discipline without reflection leads to…
4. If excellence requires monotony, then…

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