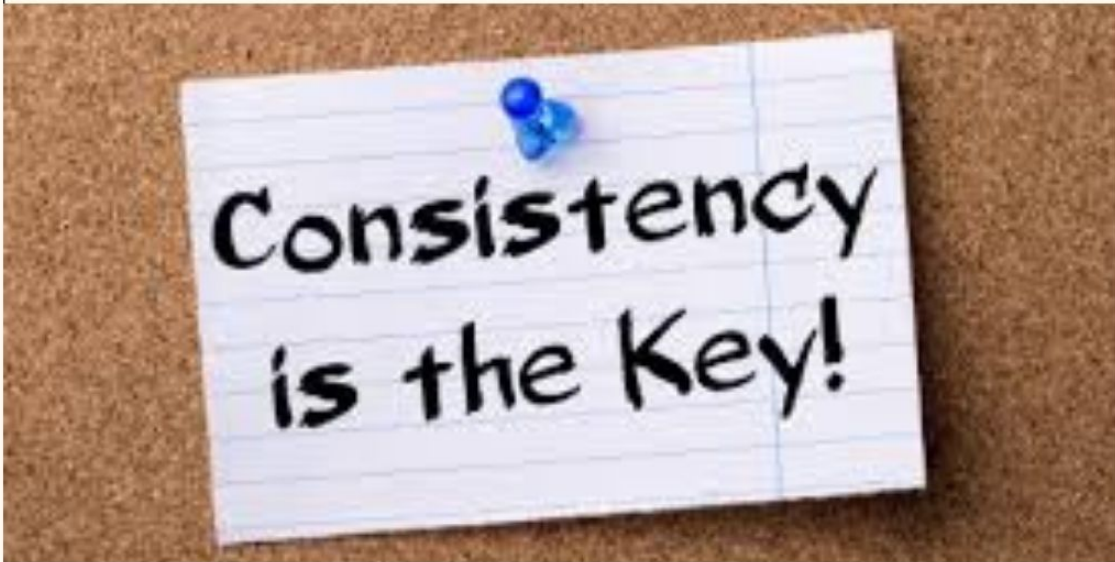


JMB BLOG

November 2023



ON STARTING & STOPPING, CONSISTENCY, HABITS...

WRITTEN BY DEVYN FIGLER

‘MONDAY IS THE DAY.’

The new diet; the workout routine; whatever new habit or practice you intend to stick with: Monday is the day it all begins. Doesn't matter who you are – you've uttered a version of this at least once before. Then comes Thursday and, well, maybe next Monday is when it really begins...

Starting a practice is actually a point in the process most individuals are familiar with, and may be most adept at. Continuing and remaining consistent is where the struggle ensues. Mentally, I've realized for myself that the breakdown comes about if we don't string together days of 'perfect behavior.' Then it all unravels at that moment of weakness a few days in, and we're back at square one as if nothing you stuck with the last few days even matters. Here's the thing though: every day is day one. If you're the type to keep starting over from the beginning when you fail, you only get good at starting – so use that to your advantage! You don't need a string of good days, you just need one good day, followed by another, and another. If your weakness seeps out of you one day, start again the next. You haven't failed; only fallen, so get back up!