

RIVER + COMPASS

Consistency Audit

Use this checklist to focus your energy on consistency that truly matters and release the pressure of trying to be consistent with everything.

1. Identify Key Actions

List the activities that matter most for your professional brand, business, or personal credibility. Examples: client follow-ups, posting on LinkedIn, responding to emails, team check-ins.



2. Evaluate Impact of Inconsistency

For each action, ask: “If I don’t do this consistently, how does it affect my reputation, relationships, or results?”



3. Determine Priority

Decide which items are deal-breakers — those that must be consistent — and which are low-impact or optional.



4. Set Micro-Consistency Goals

For your deal-breakers, commit to small, repeatable habits that ensure consistency without burning out.



5. Review + Adjust Weekly

Schedule a short weekly check-in to track progress, celebrate wins, and adjust habits or systems as needed.



WHY BUILD CONSISTENCY?

Build consistency because it strengthens trust, reinforces your reputation, and creates momentum that compounds over time.

Want help building consistency on purpose? Let’s map your next move.
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