

# **Weekly Takeaway Sheet**

April 2026 - Unstoppable You, Week 2: 4-13-26

## ***Unstoppable You — Consistency Builds Confidence***

### **1. Motivation Comes and Goes — Consistency Stays**

- Motivation is unreliable — consistency creates progress
- You don't need to feel ready to begin
- Showing up regularly builds self-trust

### **2. Waiting to “Feel Like It” Keeps You Stuck**

- Feelings change — action creates movement
- You can act even when you don't feel motivated
- Small steps break the cycle of waiting

### **3. Confidence Grows Through Repetition**

- Repeating small actions builds belief in yourself
- You don't need perfection to grow
- Practice creates confidence over time

### **4. Showing Up Imperfectly Still Counts**

- Progress doesn't require perfection
- Imperfect action is still forward movement
- Consistency matters more than how it looks