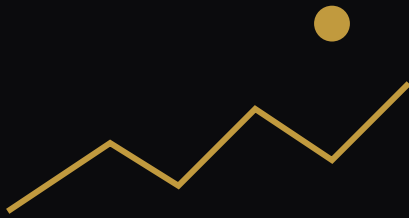


GRINDINSILENCE · FIELD GUIDE

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# THE CONSISTENCY RESET SYSTEM

Get consistent again — even when life is hard.



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SHRINK IT · ANCHOR IT · NEVER MISS TWICE

Companion to "How To Stay Consistent When Life Is Hard"

## THE METHOD

# THE FOUR RULES

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Consistency does not break from weak willpower. It breaks from a bar set for your best self. These four rules lower the bar until a tired, stressed version of you can still clear it.

### 01

#### **Shrink the bar**

Design the habit for your worst day, not your best. Make it almost impossible to fail.

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### 02

#### **Anchor the cue**

Same time, same place, same trigger. Remove the decision and you remove the resistance.

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### 03

#### **Two-minute floor**

On empty days, do the two-minute version. The minimum still counts as a full win.

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### 04

#### **Never miss twice**

One missed day is an accident. Two in a row is a new identity. Return at the minimum.

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#### **PICK ONE KEYSTONE HABIT**

One small action that makes you feel like yourself again — a walk, ten minutes of writing, one workout set. Not five habits. One.

STEP 01

# YOUR TWO-MINUTE MINIMUM

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Fill this in by hand. The smaller and more specific it is, the more likely tired-you actually does it.

**My one keystone habit is...**

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**Its two-minute version is...**

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**I will do it right after... (my daily anchor)**

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**The time and place will be...**

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**Tonight I will remove this friction...**

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**I will mark the chain in...**

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**I will know it is working when...**

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"I am someone who shows up — even small, even tired."

STEP 02

# THE 7-DAY RESET

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Seven days to prove you can still show up. Tick each one. The minimum always counts.

- Day 1** Choose one keystone habit. Write its two-minute version.

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- Day 2** Attach it to a fixed daily anchor. Prep the night before.

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- Day 3** Show up tired. Do the two-minute version anyway.

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- Day 4** Record the win. Mark the chain; write one line: "I showed up."

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- Day 5** Let it grow – but the minimum still counts as a full win.

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- Day 6** Survive the dip. Motivation fades now. Hold the minimum.

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- Day 7** Review the chain. Keep, shrink, or swap – then run another seven.

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THE ONE RULE

Never miss twice. If you slip, return at the minimum at the very next opportunity – no guilt, no make-up sessions.

STEP 03

# YOUR 30-DAY CHAIN

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Fill a box every day you show up – even for two minutes. Do not break the chain; and never leave two boxes blank in a row.

01	02	03	04	05	06
07	08	09	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

30 marks. That is what consistency actually looks like.



# GRIND IN SILENCE

Consistency is showing up smaller than your excuses.

Pick one habit. Shrink it. Anchor it. Show up tomorrow.

Don't announce it. Let the chain do the talking.

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## READ NEXT

Atomic Habits — James Clear

Deep Work — Cal Newport

The War of Art — Steven Pressfield

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