

# Loving Your Protocol and Plan

## Vibe Club Consistency Workshop

Brainstorm possible changes that you could make to your protocol that would increase your love for following your daily plan. What would make it easier? What could create more balance for you?

---

---

---

---

---

---

---

---

Select one thing from the list above to focus on and implement for the next week that you believe will have the biggest impact in loving your protocol more.

---

---

---

Share in the Facebook group what change you're making to your protocol using #consistency.

