

How consistency contributes to your career success

Consistency = repeated actions that create a positive outcome for your career

What helps you to stay consistent:

- 📌 Working on things you enjoy
- 📌 When you can see the impact of your work
- 📌 When you feel positive about the people you're working with.

What to watch out for:

- 📌 Balancing consistency with rigidity
- 📌 Staying open to ideas and alternative options that could improve or increase the impact of your work.

Where consistency counts (and how to make it happen)



1. Doing the day-job

When you do what you say you're going to, the pay-off is more trust, autonomy and space.

Share 'whats' and 'what's not's'

- 📌 Overcommunicate to your stakeholders **what** you are working on and **what is not** being progressed at the moment.

Who cares about your consistency?



2. Learning little and often

When you invest in learning and keep being curious you always have something new to contribute.

Find your format

- 📌 Learning looks different for everyone. Finding a format that is quick and easy for you to stay connected to will make learning everyday easier.

What you can read, watch or listen to regularly?



3. Investing in relationships

Staying in touch and supporting other people means there will always be someone there to help you.

Make helping people a priority

- 📌 Identify the 5 people who are most important to your development and think about how you can be helpful to them.

What can you do to support others to succeed?



4. Growing your strengths

Showing and growing your strengths increases your input and pulls possibilities towards you.

Scale your strengths

- 📌 Team meetings, social media and company events are great ways to share your strengths at scale. Lookout for opportunities to contribute.

How could what you know help others to grow?



Recommended resources



Squiggly Careers PodBook
100 PodSheets and over 400 actions to support your development.



Give and Take: A Revolutionary Approach to Success
Adam Grant