

# The Consistency Compass

A simple, client-friendly planner to help you build sustainable results, a steadier schedule, and calmer confidence - one small action at a time.

SKIN RESULTS

SCHEDULING RHYTHM

CONFIDENCE + EDUCATION

## How to use this resource

Pick one focus per pillar for the next 4 weeks. Keep it small enough to do on your busiest week. Consistency is the win.

## Week 0: Your 15-minute consistency reset

- [ ] **Choose your signature routine:** one home-care routine you want clients on this month (barrier-first, seasonal, realistic).
- [ ] **Choose your booking anchor:** one system to stabilize your calendar (pre-booking, a rebooking script, or a 'next visit' offer).
- [ ] **Choose your confidence anchor:** one skill to refine (ingredient explanation, consultation flow, or treatment plan language).
- [ ] **Set your minimum standard:** what you'll do even on a hard week (the smallest version that still counts).

## Micro-actions that compound

- [ ] One client follow-up text per day (or 5 per week).
- [ ] One educational refresh: read 2 pages, watch 5 minutes, or review one ingredient card.
- [ ] One calendar practice: pre-book at checkout, every appointment.
- [ ] One small refinement: update one script, one intake question, or one retail recommendation.

## Copy-and-paste scripts

<b>Pre-booking (at checkout)</b>	Let's protect your progress. Most clients do best every 4-6 weeks - do you want the same day/time next month?
<b>Follow-up (24-48 hours)</b>	Checking in - how is your skin feeling today? Any dryness, tightness, or sensitivity? I can adjust your home care if needed.
<b>Home-care consistency</b>	Results come from what you do between visits. Let's keep this simple: cleanse + moisturize + SPF daily, and we'll layer in actives slowly.

## 4-Week Consistency Tracker

Track your minimum standard (the small version that always counts). If you miss a day, restart without drama.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Notes (wins + tweaks)
Week 1								
Week 2								
Week 3								
Week 4								

### Your three focuses (write once, reuse all month)

Skin Results: \_\_\_\_\_

Scheduling Rhythm: \_\_\_\_\_

Confidence + Education: \_\_\_\_\_

### Mini reflection (2 minutes on Fridays)

- [ ] What felt easiest to stay consistent with this week?
- [ ] Where did I overcomplicate? What is the smaller version for next week?
- [ ] What one message do my clients need to hear more often?

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