

RICK & ISABELLA PINA COACHING

PATREON PREMIUM GUIDE • AUGUST 16, 2026

# CONSISTENCY COMPOUNDS

*Watch the video. Read the book notes. Take the PDF.*



PASTOR DANIELS



THE COMPOUND EFFECT



TODAY'S WORD

WATCH VIDEO

DOWNLOAD PDF

START THE NOTES

11

MIN • DANIELS CLIP

1

BOOK • THE COMPOUND EFFECT

21

DAYS • ONE ACTION

PDF

TAKE IT WITH YOU

You do not get exponential by chasing exponential. Small consistent actions over time become multiplication. The enemy is after your consistency. The Compound Effect is how you fight back.

## VIDEO + BOOK NOTES + PDF

This drop includes Pastor Dharius Daniels on consistency, book notes from Darren Hardy's *The Compound Effect*, my life with *Today's Word*, and a PDF you can take with you.

### WATCH

#### FEATURED VIDEO

Pastor Dharius Daniels. 11:11. The enemy is after your consistency.

[Watch in this guide →](#)

### TAKEAWAY

#### DOWNLOAD THE PDF

The notes. Offline. Printable.

[Get the PDF →](#)

### WORK

#### 21-DAY TRACKER

One action. See the chain.

[Start the chain →](#)

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Video, PDF, Book, Related Guides

LESSON 01

01

## WHY THIS IS ON PATREON

Video. Book notes. A PDF you can take with you. That is the drop.

Yesterday I taught you that confidence is a track record with yourself. Today I am teaching you how that track record gets built. The Compound Effect is the method. Consistency is the fight.

Pastor Dharius Daniels named the book that uniquely impacted his perspective on progress. I already live this. Today's Word started in December 1997 with eight friends who had email. I am not talking theory. I am talking a vow I have kept for decades.

**You do not get exponential by chasing exponential. You get it by staying consistent.**

Patreon members get three things in one place. The 11-minute clip. The book notes so you can teach this to yourself. And a real PDF of these notes so you can

take it with you.

**DOWNLOAD THE PDF**

Relative file: [consistency-compounds-premium-guide.pdf](#). Live:

LESSON 02

02

## WATCH THIS **FIRST**

Pastor Dharius Daniels. The Enemy Is After Your Consistency. 11 minutes 11 seconds. Watch it before you read the rest.

Featured video: [The Enemy Is After Your Consistency // Dr. Dharius Daniels](#) • Also: [youtu.be/WqEHZeaPFxY](https://youtu.be/WqEHZeaPFxY)

Four things to listen for. Write them down while he talks.

01

**NOT EXPONENTIAL**

You do not experience exponential by pursuing exponential.

02

**SMALL + TIME**

Small consistent actions, repeated, become significant results.

03

**DIRECTION TODAY**

You may not change the destination overnight. You can change the direction today.

04

**THE FIGHT**

When he cannot stop the right thing, he attacks how you do it. He is after your consistency.

LESSON 03

03

## FOUR THINGS FROM **PASTOR DANIELS**

I am not claiming PD's sermon as my sermon. I am curating it for mentees. Family, listen to how he said it.

**"You don't experience exponential pursuing exponential." Pastor Dharius Daniels**

### **The book that shifted him.**

PD said, "Family, as I was preparing... I remember the book that I read several years ago that uniquely impacted my perspective on progress. And the name of the book was called The Compound Effect."

## **The principle as he said it.**

Small, consistent actions or changes, when repeated over time, can lead to significant and exponential results.

## **Drastic does not come from drastic.**

"This book revolutionized because it showed me you don't experience drastic changes by pursuing drastic changes. You experience drastic changes by implementing small changes and maintaining those small changes consistently over a period of time, then your consistency compounds."

## **Direction before destination.**

"I may not be able to change my destination overnight, but I can change my direction."

### **SPIRIT**

#### **Disciplines today**

PD: "I can't change my spiritual state tomorrow, but I can change my spiritual disciplines today."

### **HOME**

#### **Treat each other today**

PD: "I can't change my relationship overnight, but we can change the way we start treating each other today."

### **BODY**

#### **What you put in it**

PD: "I can't change my body overnight, but I can change what I'm putting in it today."

### **SMALL**

#### **Like they are big**

PD: "If you are willing to do small things like they big things, you'll hit a season where you can do big things like they small things."

**"If you are willing to take care of the lion and the bear when nobody's looking, then you'll be able to knock**





LESSON 04

04

## RIGHT THING, **WRONG WAY**

Numbers 20. God said speak to the rock. Moses struck it twice. Water still came. He did not enter the land.

**"When the devil can't stop you and I from doing the right thing, his next step is to try to get us to do the right thing the **wrong way**." PD**

### **Results are not the same as obedience.**

Water came. The assignment still failed. Do not let fruit talk you out of the instruction.

### **The attack is often on the method.**

You are still praying. You are still working. You are just doing it in a way that will not take you into the land.

### **Consistency without obedience is still a leak.**

Showing up the wrong way is not the same as staying faithful.

### **FAMILY, CHECK THIS**

God already told you to speak. You keep striking because striking used to work, or because you are angry, or because it looks more forceful. Water may still come. You may still miss the land. Ask: is this the right thing the right way?

# THE ENEMY IS AFTER **YOUR CONSISTENCY**

Your struggle with consistency is often warfare. It is not "just a habit."

## **2 CORINTHIANS 2:11 KJV**

*"Lest Satan should get an advantage of us: for we are not ignorant of his devices."*

### **If you stay ignorant, he has an advantage.**

PD pointed at this verse on purpose. The device is not always a scandal. Sometimes the device is a skipped day that becomes a skipped month.

### **Grasshopper mentality.**

Numbers 13. Small-minded people cannot stay consistent because they already decided they are small. If you see yourself as a grasshopper, you will treat the small assignment like it does not matter.

### **This is why he is after it.**

PD: "Cuz consistency compounds. And this is why the enemy is after your consistency."

**Consistency compounds. That is why the enemy is after it. Do not call warfare a **personality**.**

LESSON 06

06

**THE BOOK HE NAMED**

The Compound Effect by Darren Hardy. First published 2010. 10th Anniversary Edition 2020 from Balance / Hachette.

I am not inventing Hardy. I am teaching the principles PD named and the chapters the book is built on. Get the book. Read it. Do not let a clip replace a book.

## AMAZON

### Get The Compound Effect

Darren Hardy. The 10th Anniversary edition. Click through and buy the real book.

## HARDY

### Darren Hardy store

Buy from the author's store if you want it from him.

Book notes below are teaching notes for mentees. Well-known Hardy lines are marked as

## LESSON 07

07

## HARDY'S FORMULA

Darren Hardy said it this way. Small, smart choices + consistency + time = radical difference.

01

### Small, smart choices

Not a life overhaul. The next right decision. The one you can repeat.

02

### Consistency

Again tomorrow. The choice without the streak is a wish.

03

### Time

You will not feel it at first. The line bends later. Stay.

You will never change your life until you change something you do **daily**. **Darren Hardy**

“

That is the whole book in one sentence. PD heard it. I live it. Now you work it.

## LESSON 08

# 08

## CHOICES + 100% OWNERSHIP + SCORECARD

Hardy: decisions shape destiny. Every decision counts. Take 100 percent responsibility. Your scorecard is the secret weapon.

### **Decisions shape destiny.**

Not the big annual goal. The 6 a.m. choice. The late-night choice. The "I will start Monday" choice.

### **Take 100 percent responsibility.**

Hardy will not let you keep a villain. No boss, no past, no algorithm gets the pen. You do.

### **Your scorecard is the secret weapon.**

If you do not track it, you are guessing. Guessing is how people stay stuck and call it a season.

### **Elephants don't bite.**

Hardy used that picture on purpose. Tiny choices do the damage. The cookie. The skipped page. The unread Word. The conversation you keep postponing.

## THE SCORECARD

This is the same thing I told you yesterday about the X. Hardy calls it the scorecard. I call it the X. PD calls it consistency that compounds. Same fight. Write it down.

## LESSON 09

09

# HABITS

We are what we repeatedly do. Install a few key disciplines. Kill the ones that leak.

01

### Name the few

Not twelve new habits. Two or three disciplines that would change the next 90 days if you actually kept them.

02

### Install them

Same time. Same place. Same trigger. A habit with no home will not survive Thursday.

03

### Kill the leaks

The ones that look small and drain the tank. Hardy is blunt here. Tiny bites add up.

PD said it in church language. Change the discipline today. Change what you put in the body today. Change how you treat each other today. That is habit

## LESSON 10

10

# BIG MO

Hardy calls momentum Big Mo. It is harder to start than to keep going. Routines lock it in.

### **Starting is the expensive part.**

Day 1 costs more than day 21. That is why the enemy fights the start, then fights the streak.

### **Routines are how Mo stays.**

If it depends on mood, Mo dies on a tired Tuesday.

### **Protect the streak you already paid for.**

You already did the hard part. Do not refund the momentum because one day felt flat.

**Harder to start than to keep going. So start small, then  
do not stop.**

## LESSON 11

11

# INPUT, ASSOCIATIONS, ENVIRONMENT

Hardy names three influences. What enters your mind. Who you spend time with. Your surroundings. You can limit them, expand them, or disassociate.

## INPUT

What enters your mind

What you watch, read, replay, and let preach to you when nobody is in the room. Garbage in still produces something. It just will not be the life you asked God for.

## PEOPLE

Who you spend time with

Associations. The room you keep sitting in. Some rooms need to be limited. Some need to be expanded. Some need a clean break.

## ROOM

### Your surroundings

Environment. The phone on the nightstand. The Bible in the other room. The calendar you never look at. Change the room if you want to change the streak.

## MOVE

### Limit. Expand. Disassociate.

Hardy's three moves. You do not have to keep every input, every association, or every environment that got you here. Luck = preparation + attitude + opportunity + action.

## LESSON 12

12

## EXTRA EFFORT WHEN OTHERS STOP

Hardy's acceleration chapter is simple. The gap explodes when you keep going after other people quit.

### **Most people stop at good.**

They got a result. They relaxed. The compound line was just about to bend.

### **Extra effort is not hype.**

It is one more page. One more weekday Word. One more honest conversation. One more X when you already wanted to be done.

### **This is where the gap explodes.**

Not on day 2. On the day you stay after the room emptied.

**Stay when others stop. That is not pride. That is how the gap gets built.**

“

## LESSON 13

13

## YOU WILL NOT FEEL IT AT FIRST

Hardy is clear in the opening. Small consistent actions. You will not feel it at first. The line bends later.

YOU WILL NOT FEEL IT AT FIRST



The Compound Effect in action. Stay on the line long enough to see it bend.

## LESSON 14

14

### MY X: TODAY'S WORD

Confidence is a track record with yourself. That was yesterday. The Compound Effect is how that track record gets built. Here is mine.

#### **December 1997.**

Today's Word started with 8 friends who had email. The Lord told me to put His Word in inboxes so people could start the day with a Word.

#### **The vow.**

Release God's Word every weekday BEFORE my own work. First and best of the day.

#### **I wrote it in Korea, Kuwait, Bosnia, Iraq, and all over the USA.**

Sometimes 3 a.m. or 4 a.m. before military duties. I sent it from war zones.

#### **25 years celebrated December 2022.**

By the end of 2024: 27 years, 7,000+ written messages, 3,600+ videos.

Even if the rest of the day does not go well, I added value this morning. That is my **X**.

### Things app.

Three major things each morning. If those three get done, it is a good day.

### Get 25 Xs.

Then 26. Then 27. Do not throw out the month.

### Yesterday ended last night.

Lamentations 3:22-23. Start again.

#### LAMENTATIONS 3:22-23 KJV

*"It is of the Lord's mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy*

## LESSON 15

15

## TODAY'S WORD: **YOUR DAY WILL COME**

December 2, 2022. I was celebrating 25 years of Today's Word that month. Abraham waited. So did I. So will you.

Read the full message: [Remain Consistent Because Your Day Will Come \(Dec 2, 2022\)](#)

### Abraham, Genesis 12 to 17.

24 years. Isaac the next year. 25 years. God is not late. The vision may tarry.

### Believe God for EVERY promise.

God is pleased with your faith. Receive what God says by faith. Faith believes it is already done.

**The life of faith requires consistency.**

Not a weekend. A life.

**HABAKKUK 2:3 KJV**

*"For the vision is yet for an appointed time, but at the end it shall speak, and not lie: though it tarry, wait for it; because it will surely come, it will not tarry."*

**"Anyone can serve God for a few days. But if you want to maximize your purpose and potential, you must be dedicated to serving God for the long haul... ALL THE DAYS OF YOUR LIFE!"**

**"If you are still breathing, then God is not through with you! Purpose is still locked up inside of you, and if you keep going, **GREATER IS COMING!**"**

December 20, 2024. My final message of 2024. Lessons from 27 years of ministry impact.

Read the full message: [Lessons from 27 Years of Ministry Impact \(Dec 20, 2024\)](#)

**1997**

**Simple yes**

A spreadsheet of 8 names. That is how it started. Not a platform. A yes.

**2002**

**Website**

The Word needed a home people could find. We built it.

**2010**

**App + daily video**

Then 7,000 messages. 3,600 videos. First and best. 3 a.m. War zones.

**"Consistency in your commitment to God opens doors for supernatural blessing."**

**"Consistency in devotion leads to consistency in impact."**

**"Greatness is developed in obscurity."**

If you can't be faithful when no one knows your name, you won't be able to handle it when everyone does."

LESSON 17

17

## HOW THE THREE STREAMS MEET

Pastor Daniels. Darren Hardy. My life with Today's Word. Same fight. Three voices. One assignment for you.

## PD

The enemy is after your consistency

You do not get exponential chasing exponential. Change the direction today. Do small things like they are big. Lion and bear in private. This is warfare.

## HARDY

Small + consistent + time

100 percent ownership. Scorecard. Habits. Big Mo. Input, associations, environment. Extra effort when others stop. The line bends later.

## RICK

The X. First and best.

Today's Word since 1997. Three things that make the day. Get 25, then 26, then 27. Yesterday ended last night. Greater is coming.

## YOU

One action. 21 days.

Name it. Put the X where you can see it. Do not chase a new life. Keep a small vow long enough for the line to bend.

Three streams. One assignment. Stay consistent.

“

### LESSON 18

18

## 21-DAY COMPOUND TRACKER

One action. Not twelve. Put the X. See the chain. Your taps save in this browser.

NAME THE ACTION

Write it in the diagnostic. Then come back here and mark the days. 21 Xs on one action will teach you more than 21 ideas you never keep.

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| 01 | 02 | 03 | 04 | 05 | 06 | 07 |
| 08 | 09 | 10 | 11 | 12 | 13 | 14 |

## LESSON 19

19

# CONSISTENCY DIAGNOSTIC

Answer honestly. Your responses save in your browser.

WHERE IS CONSISTENCY LEAKING?

Select...



WHAT IS THE ONE ACTION YOU WILL KEEP FOR 21 DAYS?

Example: Today's Word before work. Walk 20 minutes. One honest prayer. O

WHERE DOES THE X LIVE SO YOU CAN SEE THE CHAIN?

Example: wall calendar, Things app, notebook by the bed, this tracker...

WHO OR WHAT IS INFLUENCING YOU RIGHT NOW?

Input you keep taking in. People you keep sitting with. The room you keep walking into...

## LESSON 20

20

### YOUR CONSISTENCY CHECKLIST

- ☐ I watched the video. [Open Daniels clip](#)
- ☐ I got the book or opened the buy page. [Amazon](#) · [Hardy store](#)
- ☐ I downloaded the PDF. [consistency-compounds-premium-guide.pdf](#)
- ☐ I named one 21-day action.
- ☐ I put the X where I can see the chain.
- ☐ I read the Today's Word links. [Your Day Will Come](#) · [27 Years](#)
- ☐ I ran the diagnostic honestly.
- ☐ I declared I will stay consistent.

## LESSON 21

## SAY IT WITH FAITH

- Father, I refuse to chase exponential and skip the small thing You already assigned.
- I will not call warfare a personality. I am not ignorant of the enemy's devices.
- I may not change the destination overnight. I will change my direction today.
- I will change the discipline today. I will treat people right today. I will put the right thing in my body today.
- I take 100 percent responsibility. I keep a scorecard. I put the X where I can see it.
- I will do small things like they are big things. I will take care of the lion and the bear when nobody is looking.
- If I miss, I start again. Your mercies are new every morning. Yesterday ended last night.
- Consistency compounds. Greater is coming as I stay.

*I declare this by faith. In Jesus' name. Amen!*

## LESSON 22

# 22

## VIDEO, PDF, BOOK, RELATED GUIDES

Take the assets. Do the work. Do not leave this as a nice read.

#### WATCH

### DANIELS CLIP

The Enemy Is After Your Consistency. 11:11.

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Darren Hardy. Buy the book.

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Live PDF: <https://guides.rickpina.cloud/consistency-compounds-premium-guide.pdf>

**Video:** Pastor Dharius Daniels, [The Enemy Is After Your Consistency](#). Book: Darren Hardy, [The Compound Effect](#) · [Hardy store](#). Companion workbook by Rick & Isabella Pina Coaching.

- **Patreon Premium Guide: Confidence Is Built on Promises You Keep to Yourself**
- **Patreon Premium Guide: There Are No Excuses Not To Engage AI**
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