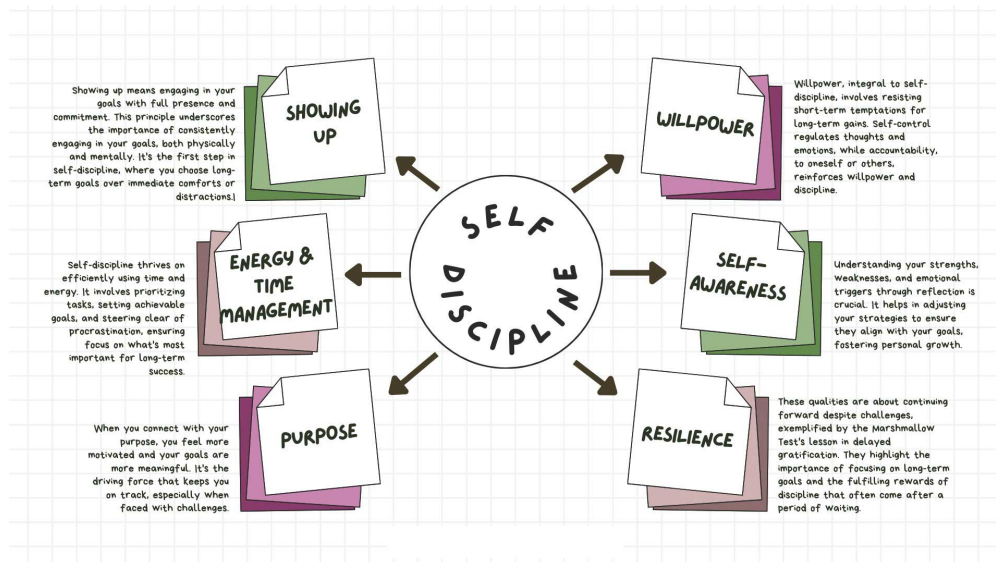


# 6 core elements of self discipline



1.

Up

Showing

1. You have to show up and do the work every day. It's the first step in self-discipline because it's where you choose long-term goals over immediate comforts or distractions.
2. Showing up means engaging in your goals with full presence and commitment. This principle underscores the importance of consistently engaging in your goals, both physically and mentally.

## 2. Energy and Time Management

1. Spend time prioritizing what matters and when you work best. Schedule your priorities. Self-discipline thrives when you efficiently use your energy.
2. This means prioritizing tasks, setting achievable goals, and steering clear of procrastination. Focus on what you have defined as important.

## 3. Purpose

1. When you connect with your purpose, you feel more

motivated and you always remember your WHY.

2. Having purpose and connection makes your goals more meaningful. It becomes the driving force that keeps you on track, especially when faced with challenges.

#### **4. Willpower**

1. Willpower is integral to self-discipline because it involves resisting short-term temptations for long-term gains. Self-control regulates your thoughts, emotions, and actions.
2. Willpower also means accountability to yourself and others. It helps you build that daily discipline through choice and focus.

#### **5. Self-Awareness**

1. You can't be disciplined and choose to grow if you aren't honest with yourself. This helps with increasing your willpower, being consistent, and knowing your true purpose.
2. Take time to reflect. Understand your strengths, weaknesses, and emotional triggers through reflection. This helps in adjusting your strategies to ensure they align with your goals and creating personal growth.

#### **6. Resilience**

1. Resilience is about being able to overcome the unexpected. It means knowing that there will be challenges and preparing to overcome those challenges.
2. Resilience is exemplified by the Marshmallow Test's lesson in delayed gratification. They highlight the importance of focusing on long-term goals and the fulfilling rewards of discipline that often come after a period of waiting.

"Through self-discipline comes freedom." – Aristotle

With thanks to Coach AJ