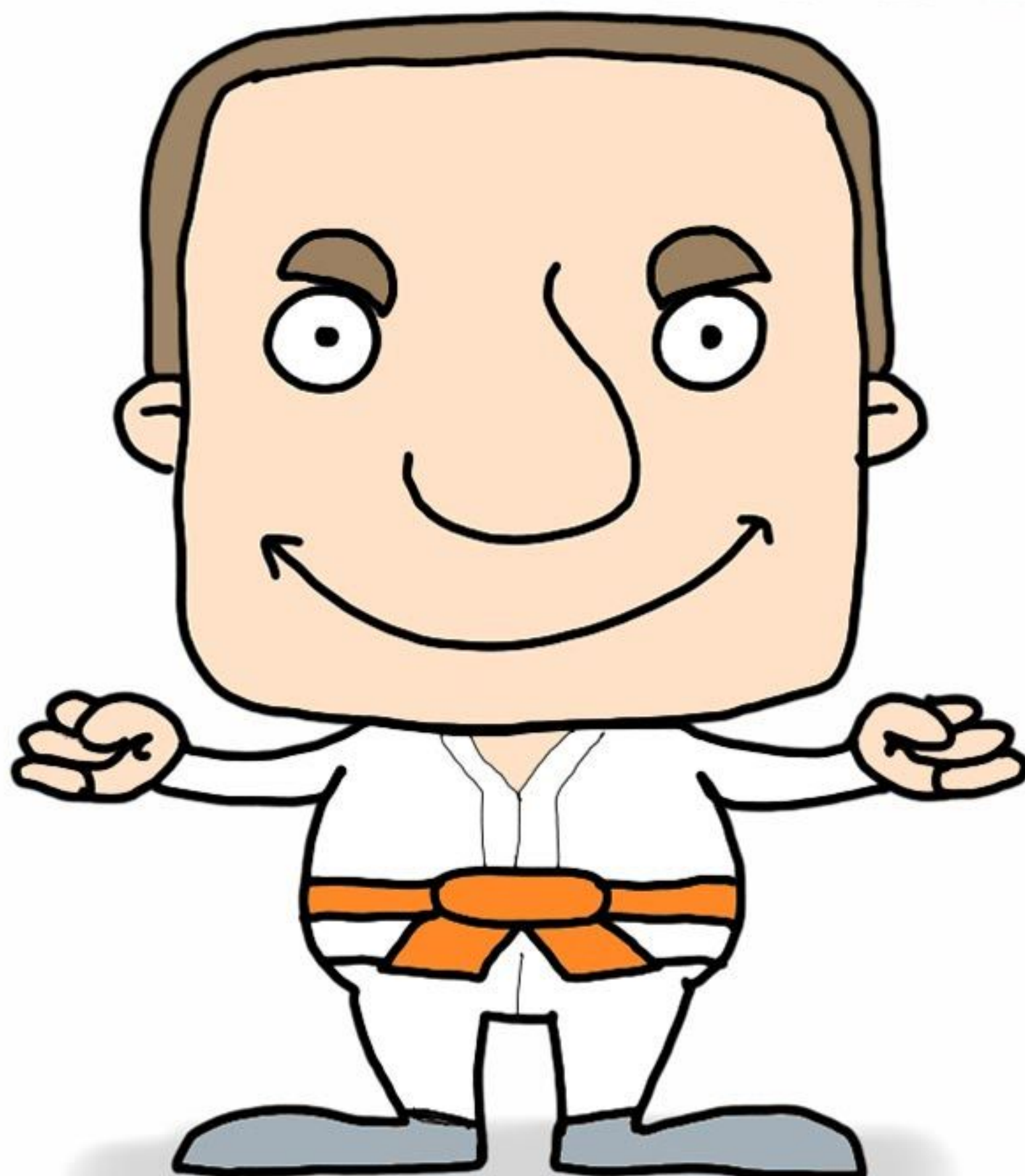


DEVELOPING SELF-DISCIPLINE

STEP 1:

Define What You Want

The first step of this process involves getting very clear about what it is you want to achieve. Self-discipline can only exist if it is channelled toward something specific; and that something specific in this instance is a desired outcome you have in mind that can come in the form of a goal, habit, or a change of some sort.



Ask yourself:

- What is it that I want to do, be, have or achieve?
- What new habit would I like to develop?
- What behavior would I like to change?
- What is the one thing that I want to focus on in this moment?