

## Self Discipline

### **Reducing Stress**

- Anything that is not working for you allows stress and lack of reason to take over. Identify a single situation first that is not working for you. Simplify it.

### **Giving Thanks**

- Give yourself goals of who to thank, and to remember gratitude. This is not new age thinking...just smart common sense that breeds humility.

### **Making Money**

- Money is just a vehicle we use, a means of communication and identification. Make a list of exactly what you are going to do to have more money. Be specific, and smart in what you write. For example, reducing debt is more prudent than investing in stocks. There are orders to things.

### **Stretching Yourself**

- Do what you are really good at, and find other things that interest you, and stretch to do them. New experiences, reading a book, going to a new place to eat. Each of these is NEW, and creates change. Live longer with change.

### **Expanding Your Knowledge**

- Get smarter. Learn stuff. Become more skilled.

### **Doing Something For Yourself**

- Give to you. Make sure that all the family, the action, the work, the cell phone, the business, the market...whatever it is that drives you does NOT become the driver. Do something for yourself.

### **Managing Your Time & Life**

- To manage time, and develop yourself, use this self discipline to write down and identify what you should do, then do it, and write down as you progress what goes right and wrong.
- Do not accept defeat in any of the goals or values you work towards. Truly successful people believe first, and execute second. Believe you can do this, and execute.
- Fine tune your own performance.