



THE NEW PSYCHOLOGY OF SUCCESS

THE POWER_{OF} SELF-DISCIPLINE

Exercise #1: Identify your BIG GOALS in life

- Off the top of your head, write down your top 50 goals
- Filter based on your actual interests
- Filter based on whether these are 'expected' of you
- Filter based on whether you're just copying someone else's goals
- Final filter: Would you pursue these even if you don't get paid or there's no material reward?

Exercise #2: Reduce your goals to IF THEN statements

- List out the top 50 things that can throw you off track from your goals
- Pair a DEFENSIVE action for each of these situations
- Create IF-THEN pairings

Exercise #3: Stay motivated Daily

- List out what motivates you about your goals
 - Delete and relist these daily
 - Focus on the top 5 most motivating aspects of your goals
- Memorize them by tying them to a PROCESS you stick to

Exercise #4: Turn Discipline into a habit

- List out your IF THEN statements
- List out all triggers
- List out how you'll use your IF THEN statements to remain on track

Exercise #5: Get Enough Quality Sleep

- List out your sleep rituals NOW
- Test your sleep rituals – re timely sleeping
- Change your rituals until you sleep longer
- Change your sleep patterns until you sleep deeply
- Change both patterns and rituals until you sleep longer and deeper

Exercise #6: Stay Positive

- Challenge your positivity by listing out things that normally throw you off
- What do you need to change not to be thrown off track?
- How can you stay positive in light of the things that normally throw you off?
- Keep refining your list and ACT ON THEM!

Exercise #7: Surround yourself with the RIGHT PEOPLE

- Filter your friends and family in terms of POSITIVITY

- Filter your friends and family in terms of DISCIPLINE
- Approach at least 1 at a time to ask him/her to be an accountability buddy
- Start low and slow
- Scale up
- Allow yourself to be disciplined/kept in line – don't take it personally.