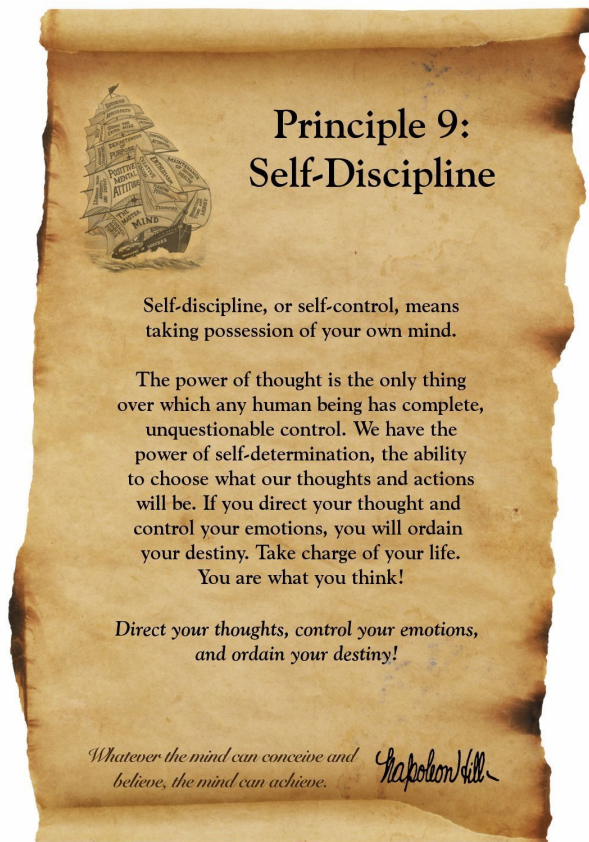


## Lesson 9 – Self Discipline



What is your discipline story

Different Types of Self Discipline

Money

Food

Exercise

Work ethic

Prospecting

Gamify the rest of March

You are 1 idea away from getting back in the zone

Today I want to focus on what you say when your buttons get pressed.

When you are criticized?

Jonathan story

Opposing views / different beliefs

Different politics

Need to control others

We are always being

We can observe our being

We can shift our being

When do you have challenges with self-discipline?

Spoken word

Written word

Our thoughts

Bonus Video – <https://www.youtube.com/watch?v=iXC8vNt0yk0>