

E5 Leader



DISCIPLINE

- Would you rather suffer the pain of discipline or the pain of regret?
 - The pain of discipline is temporary.
 - The pain of regret lasts a lifetime and beyond.
 - Discipline is a necessary tool we utilize to change and grow forward.
 - “Discipline” comes from the root “disciple”.
 - A disciple is a true believer; somebody who has great conviction.
 - Discipline is a conscious choice to avoid things you want to avoid or to embrace things you want to embrace.
- How do you get discipline?
 - Surround yourself with the benefits.
 - Don’t over-discipline
 - Too many overcommit to disciplinary actions and get burned out.
 - To change some habit – positive or negative, make sure that the discipline is manageable.
 - Creating discipline is going to take time.
 - It is going to take a while to make the changes; don’t get discouraged.
 - People will be willing to help with your disciplines.