



## DEVELOPING DISCIPLINE

Dwight Mason

“Everyone must choose one of the two pains: the pain of discipline or the pain of regret.”

– Jim Rohn

Discipline: \_\_\_\_\_ and \_\_\_\_\_.

“The time for practice is over. Practice time was while we were growing up, or in school. We are now full participants in the game of life and our opponent is human mediocrity... We must challenge ourselves right now with a new level of thinking, and drive ourselves toward a new level of achievement. We must impose upon ourselves a new discipline and develop a new attitude about life that motivates us and inspires others.” – Jim Rohn

### THE PROBLEM

#### THE EXCUSE

##### 1. Overweight

“I don’t have time to eat right!”

##### 2. Procrastination

“I can only do so much in a day!”

##### 3. Always in debt

“They don’t pay me enough!”

##### 4. Stressed out

“I never have time to relax!”

##### 5. Marital conflict

“He/she is just too demanding!”

##### 6. Work performance

“If they paid me more, I’d do more!”

#### 7. Smoking

“I need it for stress relief!”

#### 8. Drinking

“One drink never hurt anybody!”

#### 9. Diet

“Who has time to prepare a meal!”

#### 10. No daily exercise

“I just can’t find the time!”

#### 11. Anger

“They had it coming to them!”

#### 12. Depression

“Nothing ever goes right for me!”

#### 13. Poor appearance

“It’s the newest fashion!”

#### 14. Divorce

“We just couldn’t work it out!”

#### 15. Lack of self-discipline

“I have enough things to worry about!”

“I define self-discipline, in the beginning of life, as the choice of achieving what I really want by doing things I really don’t want to do. Once this becomes a habit, self-discipline becomes the choice of achieving what I really want by doing the very things I now want to do! I really believe that a disciplined life becomes a joy—but only after we have worked hard to practice it.” – John Maxwell

1. Start with \_\_\_\_\_.
2. Get yourself \_\_\_\_\_.
3. Don't constantly seek to be \_\_\_\_\_.
4. Be on \_\_\_\_\_.
5. Keep your \_\_\_\_\_.

“Undertake not what you cannot perform, but be careful to keep your promise.”  
– George Washington

6. Do the most \_\_\_\_\_ tasks \_\_\_\_\_.
7. Finish what you \_\_\_\_\_.
8. Accept \_\_\_\_\_.
9. Practice \_\_\_\_\_.
10. Welcome \_\_\_\_\_.

“In reading the lives of great men, I found the first victory they won was over themselves. Self-discipline with all of them came first.” – Henry Truman