

RoadMap to Your Mannatech Success...

Starts with Discipline

March 15, 2021

- Bill Walsh Mannatech Rainmaker Program: Is your application in?
- Live weekly Product and Business Meeting 1st Saturday of each month 10 AM CT: <https://zoom.us/j/215452258> or www.allaboutmannatech.com: others are prerecorded
- Next TNL: March 23rd at 7:30 Pm CT www.allaboutmannatech.com
- This week's "Product Focus:" OsoLean
- Do Good Feel Good Promotion... in the library
- Are you on your way to Hawaii with us???

1. The Dreaded "D" Word

a. Where does the word discipline come from?

Biblical: Hebrews 12:11-12

"No discipline seems pleasant at the time, but painful. Later on however it produces a harvest of righteousness and peace for those who have been trained by it. Therefore, strengthen your feeble arms and weak knees. Make level path for your feet so the lame may not be disabled but rather healed."

1) The importance of making level paths...

(as we create the stumbling blocks when we fail to plan and exhibit discipline)

2) Prepare the way and plant the seeds

b. The word "disciple" comes from the Latin word discipulus meaning "student."

The word "discipline" is from the Latin word disciplina meaning "instruction and training." It is derived from the root word discere - "to learn."

c. So, discipline is not coming from the outside of us; it is not punishment, negative in any way. Discipline is not what others do to you, It is something you do for yourself!

The source is INTERNAL not EXTERNAL.

1) The distinction or internal versus external is CRITICAL. We are in control of discipline if it is internal...a personal choice versus some mandatory rule.

2) Discipline is purely a CHOICE. We learn how to get more and better choices, options, standards, skills and flexibility.

When you understand discipline as a CHOICE, you are in control, not anyone or anything else. "More discipline, more choice, more control. Less discipline, less choice, less control."

d. Test this out TODAY (and more days until You truly understand COST/BENEFIT):

Where did I exhibit more discipline?.....

1) More discipline, more choice, more control. Better options. Higher standards. Improved skill. More flexibility.

Where did I exhibit less personal discipline?.....

2) Less discipline, less choice, less control. Fewer options. Lower standards. Inadequate skill. Less flexibility

2. 7 Simple ways to improve your self-discipline

Self-discipline is essentially your consistent ability to control your actions, feeling, and emotions. It is strongly connected with willpower.

a. Countdown, then take action.

When not feeling like taking action, count down from 10-0...then force yourself to take the action. The countdown helps you get your mindset into Motivation mode!

b. Put your goals where you can see them every day. This is called "keeping the end in mind." It is also about WRITTEN goals daily! Keep them visible...every day. Also, spend a few moments everyday reviewing your goals to make sure they align with the things you really want for yourself.

c. Remind yourself why you started. How and why, you set this goal and what you will have achieved when you're done is a crucial reminder. Visualize yourself having complete control of your life.

d. Set small goals first. Do not overwhelm yourself by setting the bar too high. Build your confidence on "the small bites." Example: Win Oahu!! Don't stare at 18,000 points; Focus on 4 New Auto Orders Monthly. BITES! Everything breaks down to bites.

e. Practice prioritizing. Each day you look at a list of to-dos, put them in order! Put the things you don't necessarily love at the top as you will be incentivized to get them off the list and not have to look at them tomorrow!

f. Know your weaknesses. Once known, proactively combat them. Fight back against your demons. When you give into them you give them greater power!

g. Get friends to hold you accountable. If someone you admire is watching you, you are less likely to cheat on your goals. Get your BFF to set a goal with you which will give you added extra push...Another reason Master Minds are so powerful! (The Rainmaker Program)

3. Finish with scripture as well today...

a. Hebrews 12:1 *"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us"* NIV

b. Philippians 3:14 *"I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."* NIV

c. Isaiah 40:31 *"but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."* NIV