

Session 1

INTRODUCTION:SELF-DISCIPLINE: THE MASTER KEY TO ALL ACHIEVEMENT

OBJECTIVES

At the end of this Session you'll be able to:

- *Define self-discipline*
- *Describe the problems associated with a lack of self-discipline*
- *Describe the benefits of being self-disciplined.*

BACKGROUND

Your motivation to participate in this program probably comes from a need or desire to learn how to develop self-discipline — the ability to mobilize yourself and your talents to achieve what you want to achieve no matter how long it takes or how difficult it is to accomplish. At this point you may be acutely aware of the problems associated with the lack of self-discipline. Lasting success without sustained effort, planning, the seasoning of time and persistence is not possible. Shortcuts and success gimmicks lead only to mediocrity, disappointment, and failure.

Self-discipline is the master key to success. With it, you can accomplish everything. Without it, nothing worthwhile or lasting can be achieved.

By incorporating the research of the world's top research scientists into an effective, easy-to-understand and apply program, *The Neuropsychology of Self-Discipline* enables you to learn the skill of self-discipline.

The benefits of being self-disciplined might seem obvious, however we may have thought of some you may have not yet considered. These will be described on the audio and later you'll personalize them to meet your own needs. Review this list to dwell on the positive outcomes that will be in store for you:

- Self-discipline is a skill that can be learned and converted into a habit.
- With self-discipline you can accomplish anything you desire. Nothing humanly possible will be impossible for you when you are self-disciplined.

- Self-discipline will increase your self-confidence and empower you with determination, intestinal fortitude, and strength.
- Self-discipline will give you a new passion for life. You'll become more energetic and have more of a drive to achieve.
- Self-discipline will make you sought after as a leader — a role model for others to emulate and respect.
- Self-discipline will sharpen and refine your thinking and analytical abilities.
- Self-discipline will magnify your creativity. When your limitations are eliminated, innumerable possibilities and ideas continually flood your imagination.

This list of benefits must excite your thinking as to what you'll achieve in this program! Now, proceed to the Practice and follow the instructions there.

PRACTICE

1. Re-read the objectives for this Session.
2. Listen to the Session 1 narration, "Self-Discipline: Your Master Key to Achievement."
3. After you have listened to the Session, use the space provided to write a brief description what self-discipline means to you.

4. In your own words write a brief statement of the problems associated with the lack of self-discipline.

5. Now for the good part! Write five benefits of you'll derive from developing self-discipline.

1. _____

2. _____

3. _____

4. _____

5. _____

POINTS TO REMEMBER

Talent, education, and intelligence are not the sole keys to success.

Self-discipline is a skill that can be learned.

Excellence takes time

Self-discipline unlocks your innate power to achieve.

PROGRESS CHECK

1. Write a brief statement about the most significant problem you are now experiencing due to a lack of self-discipline.

2. Describe the least self-disciplined person you know and analyze his/her lack of success.

3. Now, list some of the benefits you'll experience when you develop self-discipline.

ANSWERS TO PROGRESS CHECK *Session 1*

You are the best judge of how well your responses meet the objectives for this Session. If you are clear about one problem area you can eliminate through application of self-discipline, and anticipate realizing significant benefits from the program, you are ready to move on. Now, schedule the time to work on Session 2.