

Session 3

THE FIRE WITHIN: THE SEVEN STEPS TO DEVELOPING IRON-WILLED DISCIPLINE

OBJECTIVES

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

- *Define the components of a successful motivational system.*
- *Describe the effects of sensory vision on emotion.*
- *Describe the effects of emotion on self-discipline.*
- *Explain the scientific basis for self-discipline.*

BACKGROUND

In Session 3, you'll learn the scientific basis for self-discipline. You'll learn how the fire that burns deep within the self-disciplined achievers you admire and wish to emulate can be acquired through an understanding of how the brain works and how the brain's power can be harnessed.

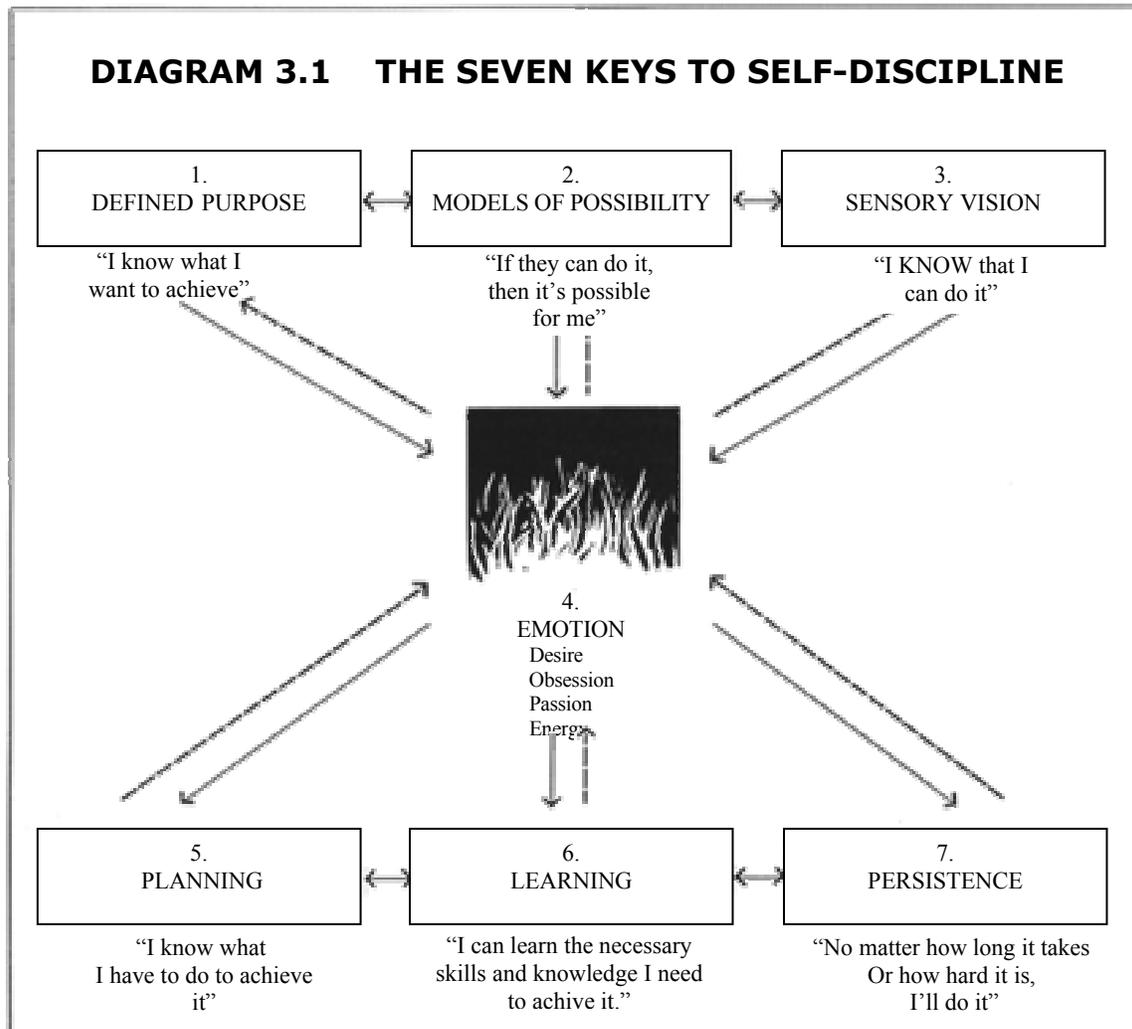
You'll learn that any motivational program that is not based on self-discipline but relies on greed, fear, or immediate gratification will fail.

You'll learn about brain function from researchers in neuropsychology to gain a deeper understanding of the way the brain and the mind combine to create human behavior. You'll learn how an understanding of brain function will help you control your emotional responses, turning sensory-rich images of achievement in emotional fuel to power your intellectually arrived at plans.

You'll learn the seven steps which author Steve DeVore discovered to be at the heart of self-discipline. You'll discover why the self-disciplined people you admire don't seem to know the meaning of the word "failure." You'll not only learn the truth of the axiom "experience is the best teacher" you'll learn how to use your experience as a feedback mechanism that keeps you pointing toward your goal of self-discipline.

PRACTICE

1. Look at the following graphic model of the seven keys which contribute to self-discipline.



2. Describe in how each of the following fuels and reinforces self-discipline.

Purpose:

SyberVision

Other Achievers:

Sensory-Rich Vision:

Emotion:

Planning:

Learning:

Persistence:

FEEDBACK ON PRACTICE, Session 3

Check your answers with Diagram 3.1. Listen to the audio again if you wish to re-check your answers.

POINTS TO REMEMBER

- Emotion unchecked is wasted energy. Emotion harnessed is the fuel for self-discipline.
- Imagination and creativity are synonymous.
- Self-awareness alone is rarely sufficient to stimulate change.
- Self-discipline has a scientific basis in the structure and organization of the brain.