

## Topic: Self-Discipline

### Breathe

“In reading the lives of great men, I found that the first victory they won was over themselves... self-discipline with all of them came first.” -Harry S Truman.

How about a little boost of affirmations and inspirations...



### Learn

Today we discover 10 mind tricks to master self discipline. These are surprisingly helpful techniques for self-discipline.

Research demonstrates that people with higher levels of self-control are happier over both the short and long run.



### Move

Self-discipline can be a whole lot of fun! Get ready to torch calories with this CORE hip-hop grooves HIIT workout! You'll challenge your muscles and get seriously sweaty. Trust yourself, and know that you got this!



### Grow

Self-discipline needs fuel, and that fuel comes in the form of either inspiration or motivation. You need one or the other to fuel self-discipline. Self-discipline is about your ability to control your desires and impulses in an attempt to stay focused on what you want and what needs to get done to successfully achieve that goal.

It's about taking small consistent actions that help you form the habits that subsequently help you achieve your goal.

What is a goal for each family member? What small daily habits are needed to succeed?

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