

Topic: Self-Discipline

Breathe



Body Scan Meditation

1. First, sit in a chair, or find a comfy spot on the floor
2. [Use this video for a 3-minute body scan](#) to help center yourself and calm your mind.

Learn

Self-Discipline: The power to stick to your decisions to work toward your goals. It isn't about making yourself miserable, but getting to the things you actually want to accomplish! Focusing on what you can control helps us focus our energy.



Move



How are you moving your body today?

It's important to give yourself an opportunity for some movement, especially during this time.

[Try this 10-minute high-intensity interval training workout!](#)

Play some music while doing it, or challenge another person to do it with you!

Grow

In your journal:

How can you change your environment or use another strategy to meet your short- or long-term goals?

(Can you change where phone or other distractions are located when trying to do something else?)

Self-discipline is important but you aren't in this alone. **Who can you support you meet your goals?**

Having a schedule and routine is so helpful to make sure you are fitting in your priorities. **Is how you are scheduling or breaking up your day been working for you so far? How could you improve it?**