



iChoose XLR8

Module 2

Lesson 6: Self-Discipline

A person wearing a yellow jacket, red helmet, and black pants is ice climbing a massive, frozen waterfall. The climber is positioned in the center-right of the frame, facing away from the viewer. They are using ice axes and crampons to ascend the icy surface. A blue rope is attached to their harness and extends downwards. The background is a dense, white wall of ice, with numerous icicles hanging from the top. The overall scene is one of extreme winter sports and physical challenge.

*“Your level of success will be determined
by your level of self-discipline.”*

JOHN C. MAXWELL



AT THE END OF THE TEACHABILITY LESSON, YOU WROTE AN ACTION STEP TO IMPROVE YOUR SELF-RATING.

Did you complete the action? Yes No Describe the results.

LEGEND:

Use the prompts throughout the lesson to guide you.



First person
read aloud.



Next person
read aloud.



Underline what's
important to you.



Share with
others.



Take
action.



HOW YOU CAN MAKE THIS LESSON EFFECTIVE FOR YOU AND OTHERS:

1. Form groups of 3-5 for a 30-45-minute time slot and 6-8 for an hour.
2. Respect and value each person in the group.
Encourage yourself and others as you share.
3. Take turns reading each section of the material out loud.
You may request to pass to the next reader.
4. Discuss openly. As you read, underline what is important to you.
5. Evaluate yourself. Review. Reflect. Apply. Have fun!

THE GOAL OF THIS LESSON:

Choose to be self-disciplined so you can climb the mountain of your dreams.



01

Self-Discipline is a Choice



Everything worthwhile is uphill. EVERYTHING! Your dreams are uphill. Great relationships are uphill. Success is uphill. To go uphill, you need to be intentional. You don't accidentally go uphill. Self-discipline is how you get there. You climb uphill by pushing upward. Self-discipline is that push. Self-discipline is doing what you are supposed to do, when you are supposed to do it.

Here's the problem. Most people have uphill hopes but downhill habits. Why? Downhill is easy. People like easy. Look at the difference between uphill climbing and downhill sliding.



FEEDBACK QUESTIONS

Check which most represents you.

UPHILL CLIMBING

- Everything worthwhile
- Wins
- Preparing
- High morale
- High self-respect
- Self-improvement
- Purposeful
- Fulfilling
- Making a difference
- Intentional actions (doing)
- Uphill habits

DOWNHILL SLIDING

- Nothing worthwhile
- Losses
- Repairing
- Low morale
- Low self-respect
- No improvement
- Aimless
- Empty
- Not making a difference
- Good intentions (knowing)
- Downhill habits



..... Which side has the most checks? Uphill climbing or downhill sliding?

It is easy to tell people about your dreams. It's easy to create vision boards and write down your goals. It's easy to stand in front of your mirror and declare self-affirmations; unfortunately, that's where many people stop! To dream is not enough. The achievement of a dream only comes through activating the dream. For dreams to come true, they require constant work. The dream is free, but the journey isn't.



The dream is filled with inspiration. The dream journey requires self-discipline. Everyone wants to live on top of the mountain (the dream); however, few get there because they have to climb (self-discipline).

What is one thing you can do to activate your dream?



Everything worthwhile is uphill!



The word “everything” implies inclusive, all encompassing. It is filled with promise. The word “worthwhile” implies desirable, appropriate and good for you. It is attractive. The word “uphill” implies challenging, grueling, exhausting, and strenuous. It is difficult.

Steve Maraboli said,

“The right thing to do and the hard thing to do are often the same thing.”²

² Maraboli, Steve. *Life, the Truth, and Being Free*. A Better Today Publishing, 2014.



Your life today is essentially the sum of your habits. How happy or unhappy you are? A result of your habits. How in shape or out of shape you are? A result of your habits. How successful or unsuccessful you are? A result of your habits.



What you repeatedly choose to do (what you spend time thinking about and doing each day) ultimately forms the person you are, the things you believe, the success you will have, and the personality that you portray. But what if you want to improve? What if you want to change poor habits? How would you go about it?

The Big Question!

How do you start uphill climbing and stop downhill sliding?



The Big Answer!

The first step toward going uphill is for you to decide you don't want to stay where you are. The second step is to change your habits. Since you are what you do every day, what you choose to do every day is essential. Ask yourself — are your habits helpful or hurtful to you? Bad habits cause downhill sliding. Good habits help you climb upward. The choice is yours.

Self-discipline reinforces uphill climbing.

The Big Idea!

Your thinking determines your habits. Changing how you think will begin to change your habits.

Self-discipline reinforces uphill thinking.



Marianne Williamson said,

“You must learn a new way to think before you can master a new way to be.”³

³Williamson, Marianne. *A Course in Weight Loss: 21 Spiritual Lessons for Surrendering your Weight Forever*. Hay House, 2010.

Benefits of Self-Discipline



Think about the benefits of self-discipline. Check the benefits that appeal to you.



SELF-DISCIPLINE...

- Gives you control over your life.
- Makes you an active contributor instead of a passive observer.
- Fuels you to continue climbing when others quit.
- Releases you from the negative effects of an undisciplined life.
- Enables you to do your best in every situation.
- Allows you to enjoy the satisfaction of getting things done.
- Helps your actions to control your emotions.
- Causes others to admire your disciplined lifestyle.



REFLECTION:

How many of the benefits did you check?

Which benefit appeals to you the most? Why?



Which downhill sliding habit will you stop? How?



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**Today I have decided to be an uphill climber!**

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03

Discipline Your Thinking



What we think determines who we are.

Who we are determines what we do.

You are today where your thoughts have brought you.

You go tomorrow where your thoughts will take you.

Why? Because how we think affects who we are and what we do (habits).

Examples:

If you think NEGATIVE you will PROCRASTINATE.

Why? Because you don't think your action will bring something good. Do you know what happens when you give a procrastinator an opportunity? Nothing!



If you think POSITIVE you will take ACTION.

Why? Because you do think your action will bring something good. "If you make your bed every morning, you will have accomplished the first task of the day. It will give you a small sense of pride, and it will encourage you to do another task and another and another. By the end of the day, that one task completed will have turned into many tasks completed. Making your bed will also reinforce the fact that the little things in life matter."⁴ — Admiral William H. McRaven



If you think life should be EASY you will slide DOWNHILL.

Why? Thinking life will be easy is expecting everything to come your way. This is wrong thinking. Apathetic people do the downhill slide daily. Most people think if they do nothing, nothing is lost and nothing is gained. If you choose to do nothing then you are, in fact, downhill sliding.

⁴ McRaven, William H. "Commencement Speech at The University of Texas." May 2014, <https://news.utexas.edu/2014/05/16/mcraven-urges-graduates-to-find-courage-to-change-the-world/>

If you think life is DIFFICULT you will climb UPHILL.

Why? Because you know that you must fight for what you get. If you are an uphill climber, you know that if you do the things you need to do when you need to do them, then someday, you can do the things you want to do when you want to do them. Every mountaintop is within reach if you just keep climbing.



If you think you are NOT in CONTROL of your life, you will make EXCUSES.

Why? Because you don't feel responsible. It is easier to point the finger at other people instead of looking in the mirror and taking personal responsibility for your own actions. If you really want to do something, you will find a way. If you don't, you will find an excuse.

If you think you ARE in CONTROL of your life, you will JUST DO IT!

Why? Because you can! In choosing to determine your future, you will do what has to be done, when it has to be done, as well as it can be done, and do it that way all the time!



REFLECTION:

Think of how your thoughts determine your habits. Which thought do you have that creates a positive habit for you?



Which thought do you have that creates a negative habit for you?





**Today I will climb uphill by thinking
and acting for myself and for others.**

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JOHN C. MAXWELL

EVALUATE YOURSELF ON HOW WELL YOU DEMONSTRATE USING SELF-DISCIPLINE ON A SCALE OF 1 TO 5: Select your answer. (1 is weak, 5 is strong)

1

2

3

4

5

Why did you give yourself this rating?



ACTION STEP:

What specific action can you take immediately that will improve your rating?





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