

Journal Prompts: Self-Discipline

1. Where in your life do you struggle with self-discipline the most?
2. What are your goals, and what steps can you take to accomplish them?
3. How do you stay disciplined when there are distractions or temptations?
4. Reflect on a time when you showed self-discipline. What helped you stay on track?
5. What barriers prevent you from practicing self-discipline?
6. How does self-discipline improve your life and well-being?
7. What is one area in your life where you could use more self-discipline?
8. How do you stay focused when you want to procrastinate?
9. How do you reward yourself for maintaining self-discipline?
10. How can you create a plan to be more disciplined in a specific area of your life?