

It's Not Willpower or Motivation It's Discipline

JULY 15, 2019

Commit to it - Commit fully and completely to improving yourself. Think about how much better you'll be and feel when you've reached your goals. If you don't fully commit to it, you'll end up giving up. You have to decide that you either want it or you don't.

Know your weaknesses (and change.) - Everybody has a weakness (or 10). So, figure out what your weaknesses, negative behaviors, and triggers are. Decide what you need to change and work with those changes in mind.

Remove temptations - Once you've figured out what your weaknesses are, you should remove any temptations necessary to avoid those weaknesses. Why tempt yourself?

Visualize & plan - Visualizing is an important part of goal setting. So, if you want to discipline yourself and achieve your goals, you need to visualize and think clearly about your goals, then plan accordingly. Create a detailed, actionable list of the steps you'll need to take to achieve the goal. If you can't see it you won't achieve it.

Change your routine - If you want to build new habits and build up your self-discipline, slowly change the things that you do daily. They say it takes at least 30 days to build a habit, so add something small to your routine and do it for 30 days to build a habit. Just make sure to take it slowly, don't try to work on everything at once.

Reward yourself - Research shows that people are more likely to be motivated and disciplined if they have some sort of incentive. Make it worth the work.

Don't rely on motivation - Motivation is obviously a wonderful thing. But you can't rely solely on motivation to get things done. If you do that, you'll never get anything done! Sometimes you need to just make yourself do things. If you consistently make yourself do things that you don't want to do, it'll become a habit.

Get an accountability partner - Finding an accountability partner can be super helpful. Find someone reliable to be there for you, to cheer you on, challenge you, celebrate your victories, and (most importantly) hold you accountable. Find someone who will make sure you do what you need to do, and help you achieve your goals.

Go easy on yourself - If you aren't always disciplined, don't beat yourself up. We all hit bumps in the road. Nobody is 100% disciplined all the time. Just accept your mistakes and move on. Focusing on the negatives doesn't help you on your journey, it only hurts you and moves you backward. Don't dwell on them and don't look back; just keep moving forward.

Discipline is the difference between choosing what you want right now and what you want for your future.

Upcoming Events

*Tuesday July 16th
@ 6:30*

*Back, Core & Pelvic
Floor Workshop
Held @ Fit Elements
32nd Avenue and
25th St S. Fargo
To register call :
701-356-5200*

*Monday July 29th
@ 6:30 pm*

*Ditch the Diet
4 Week Series with
Dr. Tonya Loken @
Spark Natural Health
3441 45th St S. Fargo
Register online @
sparknaturalhealth.com
or call :
701-552-6573*

*August 1st
Accountability Group
\$25 register online @
beyondpersonaltraining.org*



DISCIPLINE

Workout of the Week

Core



10 reps of each exercise x 3 sets



Summer Apple Slaw

INGREDIENTS:

4 cups coleslaw mix, purchased
1/4 cup sliced green onion
2 medium granny smith apples, cubed

DRESSING:

3 tablespoons sugar
1/4 teaspoon salt
1/4 teaspoon apple pie spice
3 tablespoons cider vinegar
2 tablespoons oil

DIRECTIONS:

In a large bowl, toss together all salad ingredients.

In a small bowl, blend together the dressing ingredients. Pour this over the salad mix and toss until well coated with dressing. Keep refrigerated until time to serve.



Nutrition: yields 10 servings - Calories: 61.5, Total Fat 2.8 g, Carbohydrate 9.4 g, Protein 0.5 g