



REFLECTIONS FOR THE RESCUE

CHAPTER 20: A GIFT YOU GIVE YOURSELF ACTION PLAN

RESPOND:

Discipline is based on actions you do whether or not you feel like doing them. Think of one small task that you have been avoiding. Get up and do it. Practice makes perfect.

REFLECT:

Have you ever had a goal that you gave up on because of how you felt?

Where in your life do you have discipline? Where do you lack discipline?

If discipline is the vehicle through which you accomplish your goals, habits are the tracks on which discipline runs. What habits in your life need to be broken? What habits do you need to build?