

Importance of Structure and Routine

When you're trying to exhibit self-discipline through the building of new and healthier habits, sometimes the easiest way to keep on track is to pair the new behavior with something you're already in the habit of doing. So instead of just brushing your teeth in the morning and before bed, why not pair that with one of those positive affirmations that you're trying to get in the habit of using.

How does this help?

By using a trigger that's already a built-in habit, you'll find it takes a lot less time to get that new habit in place. The beauty of it? You're already doing quite a few things during the day that you don't have to think about and are habits. These all become opportunities to build the you that you've always wanted to become.

- **On waking up:** The self-discipline of a morning routine frees you from a stressful start to the day. You're more energized, organized, and ready to face whatever comes your way.
- **When you exercise:** Using self-discipline to establish a regular workout routine frees you from all the problems that go along with a body that wasn't in shape. This means you now have more energy and stamina. You feel better and stronger and can do more than you used to be able to.
- **When dealing with money:** Self-discipline in the world of finance means being caught up on your bills and managing your debt. You might even be saving for something special in the future. This frees you up from worry about not having enough, over the utilities being turned off or the rent going unpaid. You have confidence that the money is there for things you need, and even for some of the things you want.
- **When you eat right:** With self-discipline, you're eating what's right for you. If you're diabetic, it means your diet is under control in regard to

sugar. If you're trying to lose weight, you're not indulging in a lot of junk food. If you're looking to be healthier, then maybe you're not eating fast food so much, or you've cut out processed foods. Eating right means you're free from a lot of health concerns. Even the things you suffer from, like high blood pressure, become less of a worry because you're eating what's right to keep it under control. What's more, by having the self-discipline to control your diet, it means you can even let loose once in a while and have that special treat. You have the freedom to know that the occasional splurge isn't going to hurt you.

- **When you explore new ideas:** By using self-discipline to read more, and to spend more time in current events, you now have the freedom to explore ideas and concepts you haven't before. You can ask better questions, take part in more meaningful discussions, and be more of an activist in the things that matter most.
- **When you manage your time:** By using self-discipline to arrive on time for things, you free yourself from worrying about being late. It also frees you from the consequences that result in that action. Also, using self-discipline to manage your calendar frees you from the inconvenience of missed appointments, and of overbooking yourself.

A handwritten signature in black ink that reads 'Tiffany Halsell'. Below the signature, the words 'TYH COACHING' are printed in a small, blue, sans-serif font.

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