

## Self-discipline Day 4 Prioritize Self-Care

### Health

- **Establish a morning routine:** Start the day right with your clothes laid out, your exercise gear already at the door and a clear idea what breakfast is. Add in some affirmations or other positive thinking techniques to give the day a real positive boost.
- **Exercise:** Decide how often you want to exercise and what that looks like then commit to carrying out the plan.
- **Eating well:** Find the diet that works best for you and then stick to it. Don't forget to remove any temptations in the form of junk food or other 'cheats.'
- **Establish a before-bed routine:** Setting a bedtime and a bedtime ritual will ensure that you get enough rest every night and sets you up for a good day tomorrow.

### Communication

- **Speaking in a positive manner:** Drop the negativity, cattiness, gossip, and other unpleasant speech from your lips. It actually affects your mood more than you realize.
- **Say no:** Take the reins by losing the doormat quality of saying yes to every single thing that comes along. Cultivate the habit of saying 'no.'
- **Say yes:** Find the worthwhile things that are worth saying 'yes' to and embrace them.

### Finances

- **Spending within your budget:** Spend less than you take in. Buying on credit is only asking to get into trouble.
- **Pay down those credit cards:** If you're already in debt then make a specific plan to whittle it away.
- **Using cash on purchases instead of a credit card:** By using cash, you're very aware of just where the money goes – and how much of it you're spending.
- **Give:** Remember to give back to the world around you. Don't have the extra cash to be generous? Think about giving your time through volunteering.
- **Introduce a cool-down purchase waiting period.** Rather than buy on impulse, walk away and look at it again the next day or even an hour later. Once the initial attraction has passed, see if it's still something worth buying.

### Personal attitudes

- **Embrace gratitude.** Taking the time to be grateful each day makes your own day go better. You'll be calmer and more at peace with your corner of the world.
- **Have an open-mind:** By mindfully practicing a habit of trying to look at both sides of an argument, or in practicing empathy, you discover things you never knew about yourself and the world around you.
- **Own up to flaws:** But when you make a mistake, by owning up to

that mistake, you put that integrity into solid practice.

## Workplace

- **Stretch and take a break.** Before a meeting or when attacking a project for the day, get up and stretch, take a short walk or just take a breath. Clear your mind for the task ahead.
- **Get that certificate.** Or that degree. There is a great deal of self-discipline involved in spending your off-hours in class or doing homework when you're already working that full-time job. That said, the rewards are very tangible. Most companies will offer promotions more readily to the person who has the requisite degree or certificate.
- **Managing yourself.** It's a true statement that in order to manage others, you first have to manage yourself. Self-discipline shows, and it becomes obvious to those above you. When there is an opening in management, one of the first questions asked will be "can this person manage themselves"?

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.

TYH COACHING