



Self-Discipline Worksheet

Self-discipline, by definition, means to exercise power over oneself. It's a personal quality and identity shift that helps you become the kind of person who consistently follows through on their commitments. It is not just something you do; it is who you are.

Describe yourself in relation to self-discipline:

How you do one thing is how you do everything. For example, if you're going to be undisciplined with your food protocol, you're probably also going to find that you're undisciplined in your budgeting or your time-management, and maybe in the way you pursue Christ and Christian living. If it shows up in one area, it's going to show up in all the areas of your life in one way or another.

Name the areas of your life that you find you're struggling with self-discipline. Take some time and ask the Lord to reveal any areas you're not acutely aware of.

Focus on one area to work on today: (print additional copies for other areas of focus)

There are three simple steps to help you develop greater self-discipline in your life:

- 1) set a clear and specific goal and why it's important to you,
- 2) create a plan of action, and
- 3) stay motivated and consistent.

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Step 1: Set a goal. Your goal should be specific, measurable, achievable, relevant, and tied to a timetable. Write your goal and why it's important to you:

Step 2: Create a plan of action. Break it down into manageable steps you can take daily or weekly. Write out your plan:

Step 3: Stay motivated and consistent by practicing self-compassion and mindfulness, determine to try to stay on “plan” every day, and see things today from a “future self” perspective. Before you even begin, decide how you're going to treat yourself through the process as you create these new habits and patterns of thinking:

What is your “future self” telling you to do now?

Your brain is incredibly adaptable, and you can change the way you believe, think, and behave with practice and repetition. When you make a choice that aligns with your faith-values and goals, you strengthen the neural pathways in your brain that support that behavior. Over time, those pathways become stronger and more automatic, making self-discipline feel more natural and effortless – maybe even supernatural, because you don't do this work alone. You are partnering with God. And by the power of His Holy Spirit, you are enabled to live a self-disciplined, successful, Christ-like life.