

MM11 - Practicing Self Discipline

When you want to practice but don't feel like it (Laziness)

1. Accept fully that you're not doing anything about it
2. Come to terms with the fact that you might not go for it at all
3. Then think about what you want to practice and why
4. Visualize and imagine all the good stuff that's going to come from practicing
5. Imagine loving the practice
6. Then make a decision to practice for just 2 minutes

If you can't, then think about the reasons for why you want to practice and visualize some more. Then go for it again. If you don't succeed then accept it completely. No negativity!

Decide & act

1. Decide what you want to practice and for how long
2. Then follow through on your decision
3. Then decide to keep on for X seconds or minutes
4. Then follow through on that decision
5. Pat yourself on the back

Then repeat the process continuously

Creating powerful rituals

1. Decide to practice for just 5 minutes every day when you are moving already. It might be when:

You come home from work

When you get up in the morning

After dinner

Find a time that works for you and then be religious about doing it every single day. Make sure that it is impossible for you to forget it by putting up a note in the right place or setting up an alarm in your phone.

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