

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY: HOW TO PRACTICE SELF-DISCIPLINE



Is it difficult to stay on-top of everything? Are you having trouble staying motivated in this new digital environment? Check out this tip!

Walt Disney once said "If you can dream it you can do it". When we have goals, dreams and aspirations, sometimes they can seem difficult to manage. Some of these goals may be multi-step or it may be something that you do everyday. For example recent events may leave you needing more structure to your day or the skills to increase your own advocacy efforts consistently. These are processes that take time and growth, however with practice your efforts can become strengthened.

It takes courage to work on your own skills and cultivate self-discipline. It can feel uncomfortable to initially develop self-discipline. However, having courage in the face of difficult feelings and situations and doing it anyway is powerful. It is important not only for yourself but anyone else who you will help. For this tip we will show you an example with social justice advocacy.

Practice Courage Today:



1. IDENTIFY AN AREA IN YOUR LIFE THAT YOU WANT TO HAVE SELF-DISCIPLINE IN OR THAT YOU WANT TO FOCUS ON IN PARTICULAR. START TO CREATE A PLAN FOR HOW TO REACH THAT GOAL.
2. FIND WAYS TO GET INVOLVED. RESEARCH SOCIAL MEDIA PAGES, WEBSITES, OR ORGANIZATIONS RELATED TO THIS AREA.
3. SET A SCHEDULE FOR YOURSELF WHETHER IT BE DAILY, WEEKLY, MONTHLY, THAT YOU WILL GET INVOLVED AND STAY INVOLVED IN THIS WORK.
4. CONSIDER LINKING YOUR VALUES TO YOUR EFFORTS, AND SET ACHEIVERBAKLE GOALS, SUCH AS I WILL RESEARCH THIS TOPIC FOR ONE HOUR THIS WEEK, AND SHARE INFORMATION TO 10 PEOPLE.
5. IF YOU START TO WAIVER IN YOUR EFFORTS, ASK YOURSELF WHY? RE-EVALUATE IF YOU MUST SHIFT YOUR GOAL TO BE MORE ATTAINABLE. PRAISE YOURSELF WHEN YOU REACH YOUR GOALS, AND GIVE ENCOURAGEMENT WHEN YOU NEED IT.



Parent Practice Tip:

Children can benefit from a visual of their progress. Consider making a visual graph or chart where you can place stickers or check marks every time they reach a benchmark as a form of encouragement.

To Learn More:

[What is Courage?](#)

[Teaching Kids Self-Discipline](#)

[More Tips for Self-Discipline in Kids](#)

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