

# WIN THE BATTLES OF DISCIPLINE

Discipline is power over yourself. Stronger discipline means you are more powerful than the external or internal forces opposing your discipline. Weaker discipline means those forces are stronger than you. Use this worksheet to clarify the urgent battles of discipline in your life. The left column is the discipline. The right column is the opposing force. In any moment, the left column wins or the right column wins. Can you strengthen your discipline to the point where the left column wins 80% of the time or more?

**Intention**

**vs.**

**Impulse**

**Higher Standard**

**vs.**

**Lower Standard**

**Delayed Payoff**

**vs.**

**Immediate Gratification**

**Uncomfortable Truth**

**vs.**

**Comforting Lie**

**Internal Purpose**

**vs.**

**External Influence**