

Personal Development  
Mastering Self Discipline:  
Focus – 50 Day Challenge – Maximized Results

Do you...

- Feel overwhelmed by everything and stretched outside limits?
- Work hard without results?
- Have you identified goal(s) that guide your decisions, actions, focus, and success?
- Would you like to increase your resources?
- Do you have the habits that are destructive?
- What if you learned how to accomplish more in shorter timeframe
- Are you ready to take your life BACK?

Learning Objectives

- Steps to Mastering Self-Discipline
- Reveal the benefits of taking your control back
- Benefits of success driven habits
- Be your own Super Hero
- Build tools for Success Consciousness
- How to SOAR like an Eagle
- 50 Day Challenge Tracking your results

## Who Can Benefit:

### Executives

Secure Habits of Success  
Greater life-balance and control  
Identify – Why  
Accountability  
No Excuses – Just Results  
Increase Productivity

### Entrepreneurs

Increase Productivity  
Greater life-balance and control  
Count the cost  
Accountability  
No Excuses – Just Results  
Build Habits of Success

### Professionals

Benefit of self-control  
Greater life-balance and control  
Motivation  
Accountability  
No Excuses – Just Results  
Build Habits of Success

LESSON ONE - Day 1 (4 hours) .5 Day Session

- Define Self-Control • Discuss what Mastery looks like • Identifying why and what is my exchange
- Identify the connectivity of controlling the mind to build on the success principle of Self

Discipline through the lens of the five 5 P's Influence Model for Success (Purpose, Passion, Process People, and Power)

- Success consciousness • Finding Role Models and Mentors • Accountability the power of telling others • Behaviors, Habits, and Choices • Being Strategic focus and direction • How does negativity impact self-control • Mind and Self-Control Mastery • Shifting to Positive Mental Attitude • Defining goals, establishing priorities • Managing based on “Big Rock” concept •
- Apply This Principle to Your Job and Your Life to increase your success and create the life and the resources you desire

Putting It All Together—Using the concepts to gain the Competitive Advantage • Interactive