

Value Email

Subject Line: "The sneaky killer that destroys discipline"

There's a nasty habit that people all around the globe hold (I used to as well!).

This is the main reason why it's super hard to change from an old ineffective mindset.

A mindset that doesn't allow you to change your negative perspective of the world.

This is exactly what never to do when trying to instil discipline into your life.

Ever felt like your actions can't be controlled when trying to apply discipline into your life, such as completing long deep work sessions?

The compulsive feeling of grabbing your phone and scrolling through TikTok for hours.

Your eyes constantly dart at your phone thinking of excuses to it up.

"Oh! Let me just check for one second, it won't hurt..."

This is just one example of how emotionally charged thoughts can destroy discipline.

The sneaky killer is the feeling of compulsion which is ultimately linked to negative thoughts.

I used to be like this, but once I found out the root cause of not being able to control my actions, I was able to move on.

The ability to divert away from these sorts of thoughts is key.

Achieving mind control is as easy as replacing the phrase above with something like:

"Why do I need to check my phone, I'm better than this and I respect myself."

Positive thoughts lead to positive action.

As always, I'm cheering you on,
Lijah