

A LEADER'S TOOLKIT

Unlocking the Power of Self-Discipline

Self-discipline is a trait rooted in introspection, personal responsibility, ownership, and consistency. It serves as a catalyst for individual success, and once mastered, its benefits will transcend to all aspects of your life. The most reassuring fact is that it can be learned and developed by anyone.

Use this toolkit to support your own self-discipline journey.



Step 1

Understand your core identity

Being self-disciplined involves embracing vulnerability to delve into the roots of your cognitive patterns, motivations, behaviors, and emotions. This process, though inherently challenging and uncomfortable, will empower you to gain control and understanding – the first step in creating positive change.

Narrowing down to only 2-3 core values can be a challenging process. Remember, you aren't saying other values aren't important, but are getting clear on your non-negotiable values that you always stand by.

First, using the List of Values on the next page, identify your top 10 values.

My Top 10 Values:



Next, spend a few minutes reflecting on specific times you are living into these values.

What makes a peak experience 'peak' is that your values are being honored. **Jot down a few peak experiences. What values were you living into?**

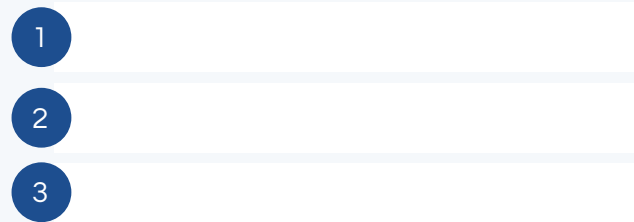


With these reflections in mind, narrow down your list of 10 values to your top 2-3 core values.

If you're finding it challenging to narrow it down - ask yourself which values give you a sense of purpose - which ones help you navigate challenging times.

My Core Values:

- 1
- 2
- 3



List of VALUES

“Our values are what lead us to the arena door -- we’re willing to do something uncomfortable and daring because of our beliefs.”

Brené Brown
Dare to Lead

Accountability
Achievement
Adaptability
Adventure
Altruism
Ambition
Authenticity
Balance
Beauty
Being the best
Belonging
Career
Caring
Collaboration
Commitment
Community
Compassion
Competence
Confidence
Connection
Contentment
Contribution
Cooperation

Courage
Creativity
Curiosity
Dignity
Diversity
Environment
Efficiency
Equality
Ethics
Excellence
Fairness
Faith
Family
Financial stability
Forgiveness
Freedom
Friendship
Fun
Future generations
Generosity
Giving back
Grace
Gratitude

Growth
Harmony
Health
Home
Honesty
Hope
Humility
Humor
Inclusion
Independence
Initiative
Integrity
Intuition
Job security
Joy
Justice
Kindness
Knowledge
Leadership
Learning
Legacy
Leisure
Love

Loyalty
Making a Difference
Nature
Openness
Optimism
Order
Parenting
Patience
Patriotism
Peace
Perseverance
Personal Fulfillment
Power
Pride
Recognition
Reliability
Resourcefulness
Respect
Responsibility
Risk -taking
Safety
Security
Self-discipline
Self-expression

Self-respect
Serenity
Service
Simplicity
Spirituality
Sportsmanship
Stewardship
Success
Teamwork
Thrift
Time
Tradition
Travel
Trust
Truth
Understanding
Uniqueness
Usefulness
Vision
Vulnerability
Wealth
Well-being
Wholeheartedness
Wisdom

Step 2

Identify your areas of growth

With this deeper understanding of your core identity, you can now practice radical ownership of your life. This means taking responsibility for your mistakes and limitations, while acknowledging your strengths and successes. In this step you will identify specific growth areas in your life. With this focus, you'll be set up to identify the small, realistic changes you can make to create positive change.

Remember, personal growth is a lifelong journey. Choose focus areas that resonate most with your current goals and aspirations.

Identify areas of your life that are out of alignment with your top core values – or not living up to what you want to be true.

Experiencing tension or unease may indicate that you are out of alignment from your values. **Reflect on a few moments of unease, what values are being overlooked?**

Looking at your reflections and the Areas of Growth list, identify 1 - 2 areas that you want to make improvements in:

My Areas of Growth

1

2

Areas of Growth Thought Starters:

- Emotional Intelligence
- Self-awareness
- Communication Skills
- Interpersonal Relationships
- Mindfulness and Well-Being
- Personal Values and Beliefs
- Time Management & Productivity
- Physical Health
- Creativity and Innovation
- Assertiveness and Boundaries
- Networking and Social Skills
- Personal Fulfillment
- Leadership and Influence
- Financial Literacy





Step 3

Visualize your future self

We understand self-discipline is essential, but how do you identify specific changes that align with who you want to become? Visualizing yourself in this future state serves as a powerful tool for personal development and achieving your goals.

This exercise can help you clarify your goals and aspirations to the smallest detail, providing you a clear sense of direction in your self-discipline journey.

Thinking about the 1-2 areas of growth you identified, reflect on what is currently true and then picture in your mind the kind of person you wish to become, to the smallest detail. Areas you may want to think about include: career, finances, hobbies, relationships, well-being, etc.

<p>My Current State <i>(What is true)</i></p> 	<p>The Future State <i>(What I want to be true)</i></p> 
<p>My Current State <i>(What is true)</i></p> 	<p>The Future State <i>(What I want to be true)</i></p> 

Step 4

Identify habits to adopt

Self-discipline is a trait that is cultivated through consistency and repetition. That's why it's important to define who you aspire to be before attempting to change your habits. The clearer your vision, the easier it will be to identify and embody the habits and values to create positive change. Armed with a deep understanding of your core identity, areas of growth and desired self, you can now identify the habits that are most likely to yield significant benefits.

In this step, it's crucial to focus on simplicity, steadiness, and repetition. Remember, significant transformations begin with small steps.

You've just identified two critical shifts that will make big impact in your life. Now, it's time to close the gap. Reflect on each critical shift identified from the last page and think about the behaviors that match the character of your identified future self.

1

What is a habit that if consistently practiced would bring you closer to your future state self.

Describe your specific plan of action to sharpen your self-discipline in this area.
When and how often should this occur?
What can you do if you get off course?

2

What is a habit that if consistently practiced would bring you closer to your future state self.

Describe your specific plan of action to sharpen your self-discipline in this area.
When and how often should this occur?
What can you do if you get off course?



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