

IMPROVE YOUR SELF DISCIPLINE

Self-awareness is crucial because it helps you understand your own thoughts, emotions, and behaviors.

YOUR CHECKLIST TO ACHIEVING BETTER HEALTH

TASKS	NOTES	STATUS
Identify your goals: Clearly define what you want to achieve and why it is important to you.	1. 2. 3.	
Create a plan: Break down your goals into smaller, more manageable tasks and create a plan of action.	- - - -	
Establish a routine: Create a daily routine that includes time for working towards your goals and stick to it.		
Eliminate distractions: Identify any distractions that may hinder your progress and take steps to eliminate them.		
Practice mindfulness: Stay focused on the present moment and be mindful of your thoughts and actions.	What are my mindfulness tasks?	

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<p>Build resilience: Learn to bounce back from setbacks and failures and use them as opportunities for growth.</p>	<p>How will I accomplish resilience?</p>	
<p>Hold yourself accountable: Take responsibility for your actions and hold yourself accountable for your progress.</p>		
<p>Seek support: Surround yourself with people who support and encourage your goals, and seek help when needed.</p>	<p>Who is in my support system?</p> <p>How will I seek more people to help me accomplish my goals?</p>	
<p>Celebrate your successes: Acknowledge and celebrate your achievements along the way to keep yourself motivated.</p>	<p>Big wins:</p> <p>Smaller wins:</p>	
<p>Keep learning and growing: Continuously learn and develop new skills to improve yourself and stay motivated towards your goals.</p>	<p>How will I continue to grow and learn?</p>	