Self-Discipline

* Balance (Physical/Mental/Social/Emotional/Spiritual)
* Boundaries
* Time/Energy/Money (Values)
* Higher purpose

Delaying Gratification

* Manage impulse’s
* Self-Control
* Take back Power
* Pain before Pleasure

Reward System

* Healthy 10 minute-2 hours = Distraction (not 2 hours plus = Avoidance)

Motivation

* Reason/Willingness
* Values and Core Belief System
* Outside/internal Forces
* Emotion Behind it
* Repeat

4

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