



# Destination: A New You!

**How Self-Discipline is the Key to  
Achieving Success and Creating the Life  
You Want**

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**SELF-STUDY  
PROGRAM PREVIEW**

# Destination: A New You!

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How Self-Discipline is the Key to Achieving Success and Creating the Life You Want

## **Self-Study Program Preview**



## What You Get in Your Ready2Go Coaching Package

Your Ready2Go coaching package includes:

- An editable cover for customizing and delivering your coaching program.
- Coaching modules with a combination of,
  - Teaching and activity set up,
  - Client exercises and handouts,
  - Debrief questions,
  - Follow-up plan which includes,
    - Homework and coaching sessions
- How to use your Ready2Go Coaching Package as a Free Offer to grow your list
- 5 Ways to use your Ready2Go Coaching Package to grow your list and make more money in your business.

# Promotional Emails

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(This is a sample of 1 of 4 emails that come with this package)

## 1st Email

Subject: <First name>, let's get you there.

If you are reading this email, I am guessing that you have a lot that you want to do with your life, am I right?

Though you've already accomplished a lot, you still have goals and dreams bubbling within you, ready to be expressed.

Time you still want to spend with your loved ones, books you want to write, trips you want to take, or even simple things like unfinished projects around the house.

**And yet, day after day they continue to sit there on the wish pile, waiting to be done.**

But don't beat yourself up - this is a very human dilemma, and fortunately, one with an easy fix. In fact, it's simply a matter of setting priorities, doing a little bit every day, and having the discipline to keep going until it's done.

"But what if I'm not a disciplined person?" you may ask.

We've all asked that at one time or another, and the answer is simple. You *are* disciplined when you need to be, and you can become a *more* disciplined person, through simple practices that don't take much of your time or energy.

Fortunately, I can help you with that part.

I just released a BRAND-NEW transformational self-study coaching program...

### **Destination: A New You! – How Self-Discipline is the Key to Achieving Success and Creating the Life You Want**

**[Click Here to Sign Up Now](#)**

***Destination: A New You! – How Self-Discipline is the Key to Achieving Success and Creating the Life You Want*** is an in-depth self-study program that draws upon the wisdom and experiences of some of Earth's greatest accomplishers.

Here are just a few of the valuable insights you will gain:

- How to set your intention on a goal and use self-discipline to get you there
- Why most people fail at discipline...and how shift your perspective and action for greater success
- 3 powerful strategies for boosting your self-control and delaying gratification
- The ONE thing that will keep you going when your willpower drains away

*Destination: A New You! How Self-Discipline is the Key to Achieving Success and Creating the Life You Want Self-Study Program Preview*

- 9 proven tactics to avoid distraction and handle your “discipline disruptors”
- The 3 types of alliances that will help you focus and achieve at a higher level
- One thing that derails your self-discipline...EVERY time, and how to avoid it
- What you can learn about self-discipline from world-class athletes
- And so much more...

Plus, I'll send you follow-along worksheets and step-by-step guides to help you absorb all you can and make the most of this training. Then, you can use these same handouts to refer to again and again and keep your learnings fresh in your mind.

**(This is a sample of 1 of 4 emails that come with this package)**

# Self-Study Program

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(This is a sample of this 6 Module Self-Study Program)

## Destination: A New You!

How Self-Discipline is the Key to Achieving Success and Creating the Life You Want

### Self-Study Program

	<b>Content</b>	<b>Notes</b>
<b>Write or Record:</b>	<p><b>Module #1 – Your Future Self</b></p> <p>“If you ask most people, they would probably tell you that they could benefit from a little more self-discipline in their life. Perhaps in the areas of diet and exercise, saving and spending, work time and leisure time, and so on.</p> <p>There is no shortage of ways we would like to have a little more diligence and control so that we can create a life that is more fulfilling.</p> <p>But it can be a struggle sometimes. Everyday our time and energy is consumed with pressing needs and activities that require us to focus more on the short-term rather than the long-term.</p> <p>This makes it difficult to think about our futures, who we would like to become, and what goals we want to achieve.</p> <p>Such a better future can seem out of reach, and because of that, most people don’t even look to the future to make goals and set plans into place. They focus one day at a time on the here and now, only to wake up one day and wonder, where the time – and their dreams – have gone.</p> <p>Welcome to the Self-Study Course on “Destination: A New You! - How Self-Discipline is the Key to Achieving Success and Creating the Life You Want” where you will explore some very powerful perspectives, tools and strategies for developing more self-discipline in your life to achieve your goals and create the success you desire.</p> <p>Throughout the course of this program you are going to:</p>	



## Content

## Notes

- Create a plan to strengthen your self-discipline so you can achieve your important goals.
- Explore techniques to enhance your self-discipline.
- Learn tactics to counter the distractions that deplete your self-discipline.
- Gain new perspectives to help you think more long-term when it comes to pursuing your goals.
- Reflect on the commitment needed for being more self-disciplined in your life.

Let's not delay a moment longer. You are going to jump right in with a journey into the future!"

### [Participant Activity]

"Research indicates that if you have a clearer idea of who you want to become, you are more likely to pursue long-term goals that support this vision, rather than settling for short-term pleasures. You become more inclined to say 'no' to present comforts and instead act in the best interest of your future self.

So today you will begin your training by taking a trip into the future to visit with your future self and hear what wisdom he or she has to impart upon you."

\* \* \* \* \*

<Listen to the recording > on "A Visit with Your Future Self".

When you return from your visit, come back to this module for your next instructions."

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*(You can use audio recording provided or record this presentation in your own voice. Do not include the written visualization in the program.)*

“Take a moment to get comfortable in your chair. Put down your pen or pencil and just sit back and relax.

Either allow your eyes to close or relax your eyes by gazing at a wall, ceiling.

[Briefly pause]

Now focus your awareness on your breath; breathe easily and effortlessly in and out.

[Briefly pause]

Leave any outside sounds or distractions behind and direct your focus on your breath. Notice how everything around you and within you is becoming calm and peaceful.

[PAUSE for 15 seconds.  
Use a timer if necessary.]

Now imagine you are sitting at a table in a small café or coffee house. Across the table from you is your Future Self.

Greet your Future Self and notice how he/she greets you in return.

[Briefly pause for 5-10 seconds.]

Take in this person – your Future Self. Your Future Self is the best version of you, the kind of a person you want to become.

[Briefly pause for 5-10 seconds.]

He or she has already achieved every goal and fulfilled every desire you have ever intended for yourself. What does your Future Self look like? How old are you? What are you wearing? What is your posture, your presence, your essence?

[PAUSE for 10 seconds]

When ready ask your Future Self the following four questions:

- “How disciplined would you say I am at sticking to my goals?”

[PAUSE for 10-15 seconds.]

- Next ask yourself, “How do you feel about my current choices? Do you feel my choices are leading me to become my best self – to become more like you?”

[PAUSE for 10-15 seconds.]

- Now ask, “What steps did you take, and what choices did you make to get to where you are today?”

[PAUSE for 10-15 seconds.]

- And finally, ask, “What advice would you give me about what I need to do to be more self-disciplined in creating the future I want?”

[PAUSE for 10-15 seconds.]

Now bring the visit with your Future Self to a close. Thank him or her for being there with you and being such an inspiration to you.

[Briefly pause for 5-10 seconds.]

In a moment, you will open your eyes or re-focus your gaze. When you do, you will quietly write down anything you want to remember about this visit with your Future Self.

[Briefly pause]

One... two... three. Come back to the present moment.”

## **END OF VISUALIZATION**

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### **[Debrief Questions]**

“Welcome back! Take a few moments now to answer the following debrief questions. Then return to this module.”

- What stood out for you most about your visit with your future self?
- What insights did you gain from your visit together?
- How will you use this information to set goals, and pursue the things that matter going forward?
- What else do you want to remember that you can make note of here?

*(NOTE: If you are recording, you can:*

- *keep the audio going and record some quiet instrumental music in the background. Tell clients they have a specific amount of time and remind them when there is 30 seconds left.*
- *ask the client to turn off the recording and resume when they have completed the activity.)*

\* \* \* \* \*

“It can be difficult to imagine ourselves in the future because we rarely do it. But just as you did in this visualization, if you can vividly picture your Future Self, and all that makes him or her happy, healthy, vibrant and fulfilled, you are more likely to want to become that person.

The same holds true for the goals you want to achieve. And this is where self-discipline comes into play. You need it to become the best versions of yourself, and to achieve what you want to accomplish in your life.

So how can you be more self-disciplined in order to reach this better future? What does self-discipline take? This is what you are going to explore for the remainder of this training.

Continue next to Module #2.”

**(This is a sample of this 6 Module Self-Study Program)**

# Activity Sheets

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(This is one of 5 worksheets in this training)

## Worksheet # 1 - “What is Self-Discipline?”

### Task #1

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Directions. From the words listed below, circle or highlight the one that best describes what the term ‘self-discipline’ means to you. Provide a rationale for your choice.

<b>Denial</b>	<b>Moderation</b>	<b>Temperance</b>	<b>Determination</b>
Nerve	Command	Control	Mastery
Avoidance	Forbearance	Assurance	Composure
Confidence	Focus	Coolness	Poise
Discretion	Self-control	Firmness	Restraint
Patience	Soundness	Stability	Strict

### Task #2

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Directions. Listen to the following brief presentation and complete each of the following two statements.

**Statement #1** - *Self-discipline is the ability to...*

**Statement #2** - *Self-discipline must be...*