

MODULE 6:

Discipline Journaling



REthinkU

Change the way you think.
Get the results you want.



REthinkU Workbook

Published by Results from Thinking, LLC.
Pittsburgh, Pennsylvania 16127 U.S.A.

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Discipline Journaling

GREAT MINDS UNDERSTOOD THE VALUE AND SPENT PRECIOUS TIME WRITING

Disciplines and disciplines

“IF YOU’RE SERIOUS ABOUT BECOMING A WEALTHY, POWERFUL, SOPHISTICATED, HEALTHY, INFLUENTIAL, CULTURED, AND A UNIQUE INDIVIDUAL, KEEP A JOURNAL.”

JIM ROHN

How is it that we have written record of the thoughts of some of the greatest people from history: Isaac Newton, Abraham Lincoln, Leonardo Da Vinci, Marcus Aurelius, Charles Darwin, Winston Churchill, Benjamin Franklin, Ernest Hemingway, George Bernard Shaw, and Maya Angelou?

These great minds understood the value and spent precious time writing (journaling) their thoughts, ideas, and visions down over the years. The question is, why?

Many people keep journals. Some do it for exploration, some do it for creativity, others for finding themselves and drawing out their very, very best. Journaling can be used for prioritizing, exploring feelings and capturing experiences, or even helping to achieve

various tasks and busywork. Journaling can give you a record of the progress you’ve made toward your goals and help you maintain motivation and momentum.

Scientific studies have shown journaling can help people cope with stressful events and relieve anxiety.

Judy Willis MD, a neurologist, stated, “The practice of writing can enhance the brain’s intake, processing, retaining, and retrieving of information... it promotes the brain’s attentive focus ... boosts long-term memory, illuminates patterns, gives the brain time for reflection, and when well-guided, is a source of conceptual development and stimulus of the brain’s highest cognition.”

“Writing accesses the left hemisphere of the brain, which is analytical and rational,” says Maud Purcell, a psychotherapist and journaling expert. “While your left brain is occupied, your right brain is free to do what it does best, i.e. create, discern and feel. In this way, writing removes mental blocks and allows us to use more of our brainpower to better understand ourselves and the world around us.”

All of these ideas and proven benefits are definitely worth the time and practice of journaling. We have taken it one step further and have a very specific function and benefit that helps you build your future. Although you can use your journal to capture all the benefits listed above, the specific reason we promote the use of a journal is for Discipline Journaling. This is not a commonplace journaling habit but is a keystone habit affecting how you will achieve success in any area of your life, guaranteed and is at the center-point of this process.

**THE SPECIFIC REASON WE
PROMOTE THE USE OF A JOURNAL
IS FOR DISCIPLINE JOURNALING.**

Discipline Journaling is more than a task list or calendar of events and appointments. It is the result of carefully evaluating your life as it is currently (Think it Through, All the Way Through), then determining where you want to go (What do You Want and Why? What do You Not Want and Why?), Then its strategizing and determining which behaviors are going to guide you to where you want to go (The Strategic Continuum and The Creative Cycle).

Once you have a list of behaviors that you need to do as well as a list of behaviors you don't want to do, you begin tracking these behaviors in your journal every single day. You Score your daily effectiveness and you give yourself a 24-hour reset and clear the 'emotional' slate and get up the next day and do it again! Every single day, no exception!

This is important!

You must take the time to think things all the way through to the desired outcomes, then work backward to determine if your current thoughts and actions will get you to where you want to be.

The first discipline in your Discipline Journal is discipline journaling! The very act of capturing your daily disciplines! A keystone habit!

This all begins at sunrise. Seriously! Let me explain:

SUNRISE

"Rise & Shine". Consider doing morning gratitude (another discipline!) to set the stage for a great day!

Your journey begins at the start of every new day.

Give 100% Execution. PERFECTION. This is your intentions.

Knock out each one of your disciplines. Hit your to-do list and your not-to-do list.

No misses! Again, this is your intentions for each day.

Proceed with your day putting forth 100% execution.

I Must! I Will! I Promise! I Am! Right Now!

Thank you! Thank you! Thank you!

My very best! My very, very, very best!

Thank you so much!!

SUNSET

Reflection. Your daily accountability session with yourself.

Time to count. How did you do? How many disciplines did you accomplish?

Review your disciplines and score yourself a 'yes' or a 'no' on each - THERE ARE NO GRAY AREAS!

Grade your day, A+ → F

How did you do? Good day? Bad Day?

At this point, it's done.

YOUR GOAL AT SUNSET IS PROGRESSION.

Don't fret over a bad day and rejoice over a good day!
You must be kind to your self!
Patience is requisite! Kindness is requisite!
YOU MUST BE KIND TO YOURSELF!

Your goal at sunset is PROGRESSION.
Note the difference? At sunset, your goal was perfection. Your goal at sunset is progression.

Did you make progress? Were you better today than you were yesterday?
Overall, it's not about being perfect, it's about making progress. The more progress you have, the closer you'll climb towards your goals.

24-HOUR RESET. You must do a reset. Regardless of your grade, how you felt about the day, how bad your day may have been, you must reset and prepare for the next day – 24-hour reset!

This is important. You can't change the outcomes of a day as it closes out – sunset. All you can do is evaluate it, learn from it, grow from it and do better next day – sunrise.

Another keystone habit we highly encourage you to do Gratitude Journaling. I mentioned this is as a suggested discipline in the morning (Sunrise). Writing is always more powerful than thought alone, but you decide how to reflect on that which you are grateful for. Make a list of things you are grateful for. This exercise is only a couple minutes long but the impact it can have on your outlook for the day can be powerful and life-changing.

THIS HABIT OF GRATITUDE JOURNALING ALONE CAN HAVE A DRAMATIC EFFECT ON YOUR STATE OF MIND

At sunset, after scoring your day and evaluating your results, you can do 5 minutes of Gratitude Journaling and answer the following:

- What brought you calmness today?
- What are you grateful for today?
- What three highlights are you most proud of from today?

This habit of gratitude journaling alone can have a dramatic effect on your state of mind, your outlook on life, on your interactions throughout the day as well as your interactions with others. Try it for 30 days and see if I'm right!

Lastly, the final thing you should be doing at the end of each day, and which should be a daily discipline, is sleep.

There are plenty of scientific studies regarding sleep that one should not question the value and benefits. Here are a few consequences of poor sleep. If you want to read more, here's a good link to visit: <https://www.globalhealingcenter.com/natural-health/why-sleep-is-important-to-your-health/>

Are you ready? Are you fired up?

Get yourself a notebook and start tracking your daily disciplines - today! If you wait, you will not initiate this keystone habit. You will shut down the opportunity of starting something new, something that could change your life. Something that could save your life!

**“AND WILL YOU SUCCEED?
YES! YOU WILL, INDEED!
98 AND 3/4 PERCENT GUARANTEED!
KID, YOU’LL MOVE MOUNTAINS!”
~ DR. SEUSS**

BONUS ROUND

Plato had it right - you have two selves. The one who is comfortable and doesn't want to change, and the one that craves a better life. Here's where the fight lies. Here's where you win or lose. You need to Look at your goals, know what you want and be crystal clear on what it looks like - the clearer the better. Now push past and conquer 'self' — rewiring your brain to become the person you want to be. How do you rewire your brain?

Dr. Joe Dispenza - a doctor, speaker, author, and researcher of neuroscience, epigenetics and quantum physics - talks about the proven science behind “rewiring your brain.” You can find more information from Dr. Dispenza on YouTube. In short... your brain contains about 100 billion neurons that store information and communicate with each other. Whenever you learn something new, your neurons communicate, making a new synaptic connection in your neocortex. This is how your brain changes. As Dr. Joe Dispenza puts it: “Neurons that fire together, wire together.” If you don't continue doing the newly learned behavior,

that new connection dissolves and the older established synaptic connections continue - a.k.a. old habits!

This means: whenever you learn something new, your brain physically changes. But that's not the only amazing thing your brain can do. When you experience something, you take in information through your 5 senses, which causes your neurons to organize themselves into patterns. This triggers an emotion that enhances the experience, making it easier to remember. This is why you can remember your first kiss or where you were on 9/11, but perhaps not what you had for dinner the night before last.

When you think a thought, neurons fire producing a chemical. That chemical generates an emotional response in the body. That emotion can be good or bad, depending on the thought. If you mentally recall the loss for a loved one or mentally relive a car accident, your body will relive that emotion and you will feel it as if it were happening now. This sensation and process are what keeps us doing the same things again and again.

We get comfortable with certain feelings - not taking the cold shower, not crawling out of bed in the cold at 5 AM to workout, not making the calls because of fear of the responses anticipated, buying the donuts or muffin over something healthier because they're comfort foods, etc.

Your feelings are simply a response to the chemical released during certain thoughts - sometimes you don't even realize you're thinking those thoughts, you just do based on a smell, seeing someone, or even the time of day. Remember: habits have a habit of becoming habitual!

The more you continue to do the behaviors that produce negative results, you continue to hardwire those neurons and it becomes

very hard to break the cycle, but it can be done - and it takes time!

**“IN EVERY ADVERSITY LIES THE SEED
OF AN EQUAL OR GREATER OPPORTUNITY
(OR BLESSING).”**

- NAPOLEON HILL

The good news is, when you replace one thought, idea or behavior with another, and persist with it, and keep your attention on it, eventually, the new thought, idea or behavior will drown out the old one. New neurons will rewire creating new neuro-pathways and you will begin the process of re-wiring your brain to align with the new you - the one that will take you higher and further towards your goals. Do this enough times and it becomes automatic. It becomes a habit, something that feels natural. It becomes a discipline. And that's what neuroplasticity really means. You have the power to physically change the makeup of your own brain and lead the kind of life you want to lead.

So let's get to it!

Assignment

Discipline Journaling

- Get yourself a lined journal or simply a notebook or tablet.
- Use each page or page spread for each day.
- Determine your disciplines you need to accomplish. Do Simple First! Start small.
- Log and begin tracking your disciplines.
- Close out each day with a self-evaluation of your day's performance. Grade yourself
- You may enter other related items in your journal, but don't overwhelm yourself with too much as you will soon find you won't be entering anything.
- Forgot to log your activities for the day? Stick your journal on your pillow so when you wind down for the night, you won't miss it or forget!
- Have fun with this! Here's a great affirmation to say when you begin any new habit – "this is simple, this is easy this is fun!"

Bonus Assignment:

The Bankers Box

Get a bankers box and every time you have a win or major accomplishment during your journey, place a token representing that win into the box.

That's it!

Each time you have a win. Each time you succeed. Each time you overcome obstacles and achieve a goal, place a token in the box.

In 20 years, I want you to look us up. I want us to meet, and I want you to open that box and, one by one, pull out each token within the box and share with us what it represents to you.

Have fun with this!!



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