



Gain the Awareness You Need to Develop Self-Discipline

This worksheet will help you develop self-discipline by empowering you to (1) redefine what self-discipline means to you and (2) notice when your stress responses are kicking in.

Do you consider yourself to be self-disciplined?
Why or why not?

Name 3 ways you practiced self-discipline this week.

Name 3 ways you failed to practice self-discipline this week.

Do you consider yourself to be proactive?
Why or why not?

Blank response area for the first question.

Name 3 ways you were proactive this week.

Blank response area for the second question.

Name 3 ways you were reactive this week.

Blank response area for the third question.

Now, consider the ways you failed to practice self-discipline and the ways you were reactive. Is there any overlap? A recurring theme?



What could you do differently in these situations going forward to practice self-discipline?



Consider the ways that you practiced self-discipline and the ways that you were proactive.

Did the ways that you practiced self-discipline require you to be proactive? Why or why not?



When you were proactive, was it because your brain was in a highly analytical state (a stress response)? Because you were trying to predict or control the future. Or were you really practicing self-discipline? Explain.



What are some ways that you respond to stress?
I found a great list of common stress responses you can
reference for help in answering this question.

https://omh.ny.gov/omhweb/disaster_resources/pandemic_influenza/doctors_nurses/common_stress_reactions.html

Pick 2 or 3 of these responses and describe how each response
interferes with your ability to practice self-discipline.

Practice noticing when these responses are kicking in. Then,
work on gaining control over your feelings and behaviors to
act in a self-disciplined way.

One last thing . . .

Let's look at The Expectation Gaps' definition of self-discipline one more time:

The daily practice of consciously acknowledging your thoughts, feelings, and actions so that they do not stand in the way of your continual pursuit of living according to your values and beliefs.

Based on all the work you've done to complete this worksheet, what is your definition of self-discipline?



Reach out if I can offer any other inspiration, advice, or encouragement.

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If you think this worksheet will be a valuable resource for you, please consider supporting us for as little as \$1 by "buying me a coffee" on Ko-Fi:

<https://ko-fi.com/theexpectationgaps>

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