



The Matrix Mindfulness Practitioner

# Meditation Collection

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INSPIRE-EMPOWER-TRANSFORM

Exclusive Mindfulness Scripts  
for Wellness Professionals

Self-discipline

# Self-discipline

A good sense of self-discipline, gives you that extra push and that extra energy you need to **succeed in life**. With self-discipline **you easily persevere** which allows you to accomplish any task or reach any goal.

Mastering self-discipline can help you **succeed in all areas of life**.

It's easy to get distracted at certain times in your life. If you find it hard to **stick to your plan** or find it challenging to stay motivated you are certainly not alone.

We all have times in our lives when we could use an extra **dose of self-discipline**.

The truth is that discipline lies at the root of **all real success** in life. No one achieves **great things in life** without being self-disciplined.

Being self-disciplined is a **habit** you can acquire.

As you listen to this Mindfulness Meditation session you will feel **inspired to achieve those goals**. You will feel **more focused**. You will enjoy a **greater sense of satisfaction** and self-discipline.

Finding that **motivation within** is the secret. If you are ready to transform your life and overcome those negative behaviors, this session will help you **do just that**.

Self-discipline is one of the **most important** and useful skills you can possess.

This skill is essential in **every area of life**, and though most people acknowledge its importance, very few do something to **strengthen it**.

Self-discipline also gives you **self-control**, which is a sign of inner strength.

It means you take **control of yourself**, your actions, and your reactions.



So if you are ready, let's **begin** that process of change. Gently close your eyes and **relax** if you haven't done so already.

Now just begin to accept the idea of \_\_\_\_\_, so go ahead now and give yourself permission to do so.

Allow all of your cares to simply fade away. Take another deep breath in and **drink in the calm**.

Feel that your body has already **undergone a change**. Your body has already begun to loosen and subside.

Now let your breathing rhythm return to normal...and relax, **just relax**.