



Destination: A New You!

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



**TELESEMINAR
PREVIEW**

Destination: A New You!

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

Teleseminar Preview

Teleseminar Schedule

The following agenda is meant to be a guideline and not a hard and fast schedule to keep.



Topic	Time Estimate
Starting the Training	5 min
Introductory Activity – A Conversation with Your Future Self	7 min
Self-Discipline Road Map Overview	5 min
Section #1 – ‘Get Going’ – Having a Strong ‘Why?’	15 min
Section #2 – ‘Delay Gratification’ - Discipline Enhancers	15 min
Section #3 – ‘Avoid Distractions’ – Discipline Disruptors	15 min
Make Your Offer Here	5-8 min
Section #4 – ‘Think Long-Term’ – Reaching Your Goal	7 min
Application – Reflective Questions	5 min
Total Time	90 Minutes

Destination: A New You!


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




Teleseminar Script

(This is a partial script and includes two segments of this 90-minute training)



Time	Content	Notes
5 minutes	Starting the Training  <p>Directions:</p> <ol style="list-style-type: none"> 1. Begin the training with energy and enthusiasm and have the title PowerPoint slide on the screen. 2. Welcome the participants to the training and highlight what topic they are attending: For example, “HELLO EVERYONE! And welcome to today’s training on the “Destination: A New You! - How Self-Discipline is the Key to Achieving Success and Creating the Life You Want.” 	Materials Needed: Pen or pencil, note paper.
Facilitator Says:	<ol style="list-style-type: none"> 3. Introduce yourself. For example, “I’m Sally Smith, the President of Best Life Ever Coaching, and you are in for an exciting training experience as we explore some very powerful perspectives, tools and strategies for developing more self-discipline in your life.” [Show PowerPoint of the <i>Agenda</i>] 4. Review with participants the agenda for the training, breaking down what will be covered and what they can expect from each topic. “Today we are going to cover the following: <ul style="list-style-type: none"> ▪ You will create a plan to strengthen your self-discipline so you can achieve your 	

Time	Content	Notes
<p>Facilitator Says:</p>	<p>important goals.</p> <ul style="list-style-type: none"> ▪ You will explore techniques to enhance your self-discipline. ▪ You will learn tactics to counter the distractions that deplete your self-discipline. ▪ You will gain new perspectives to help you think more long-term when it comes to pursuing your goals. ▪ You will reflect on the commitment needed for being more self-disciplined in your life. ▪ (If you are making an offer, reference it here. Add it to the Agenda slide.) <p>5. Briefly cover teleseminar protocol:</p> <p>“Before we jump in, let’s review a few training guidelines so that we can ensure that we have the best experience for all.”</p> <ul style="list-style-type: none"> ▪ Ask participants to be respectful of others on the line, and keep background noise to a minimum. It’s best to be in a place where there is no noise and they can focus on the discussion at hand. ▪ Tell participants how to mute and unmute their line and to do so if they have any background noise. ▪ Say their name before they speak. We always like to know who we are hearing from. ▪ Be participative. These trainings are much more valuable and fun when everyone gets involved. <p>6. Say: “O.K., so let’s begin our discovery.”</p>	


Time	Content	Notes
<p data-bbox="201 279 360 310">7 minutes</p> <p data-bbox="207 506 386 583">Facilitator Says:</p>	<p data-bbox="402 279 1117 352">Introductory Activity – A Conversation with Your Future Self</p> <p data-bbox="412 436 1159 506">[Show PowerPoint slide of <i>plant coming through crack in the road.</i>]</p> <p data-bbox="402 541 1159 688">“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 data-bbox="402 730 1159 835">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 data-bbox="402 877 1159 1024">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 data-bbox="402 1066 1159 1129">This makes it difficult to think about our futures, who we would like to become, and what goals we want to achieve.</p> <p data-bbox="402 1171 1159 1276">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.</p> <p data-bbox="402 1318 1159 1528">But research indicates that if we have a clearer idea of who we want to become, we are more likely to pursue long-term goals that support this vision, rather than settling for short-term pleasures. We become more inclined to say ‘no’ to present comforts and instead act in the best interest of our future self.</p> <p data-bbox="402 1570 1159 1675">So let’s begin our training by taking a trip into the future. You are going to sit down with your future self and hear what wisdom he or she has to impart upon you.”</p>	<p data-bbox="1192 279 1377 426">Materials Needed: Pen or pencil, note paper.</p> <p data-bbox="1192 436 1427 594"> <small data-bbox="1192 436 1427 447">Everyone Struggles to Create a Fulfilling Life</small>  </p>
<p data-bbox="228 1717 386 1795">Learners Do:</p>	<p data-bbox="402 1717 971 1749">Activity: “A Talk with Your Future Self”</p> <p data-bbox="402 1791 1149 1864">Activity Objective: Participants ask their future selves questions about their current life choices.</p>	

Time	Content	Notes
<p>Facilitator Says:</p>	<p> Directions:</p> <p>[Show PowerPoint of <i>Conversing with Future Self</i>].</p> <ol style="list-style-type: none"> Say to participants: <ul style="list-style-type: none"> “We are going to start the training with a brief, fun visualization. Take a moment to get comfortable in your chair. Put down your pen or pencil and just sit back and relax. <p>[Briefly pause]</p> Either allow your eyes to close or relax your eyes by gazing at a wall, ceiling, or the image on the screen. <p>[Show PowerPoint of <i>Trees and sky</i>].</p> <p>(Note: If you are giving a teleseminar with no visuals, either put this image on a handout, or remove reference to it.)</p> <p>[Briefly pause]</p> <ul style="list-style-type: none"> Now focus your awareness on your breath; breathe easily and effortlessly in and out. <p>[Briefly pause]</p> <ul style="list-style-type: none"> 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. <p>[PAUSE for 15 seconds. Use a timer if necessary.]</p> <ul style="list-style-type: none"> Now imagine you are sitting at a table in a small café of coffee house. Across the table from you is your Future Self. 	<p></p> <p></p>

Time	Content	Notes
	<ul style="list-style-type: none">▪ Greet your Future Self and notice how he/she greets you in return. [Briefly pause]▪ 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]▪ 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 15 seconds]▪ When ready ask your Future Self the following four questions:<ul style="list-style-type: none">○ “How disciplined would you say I am at sticking to my goals?” [PAUSE for 15-20 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 15-20 seconds.]○ Now ask, “What steps did you take, and what choices did you make to get to where you are today?” [PAUSE for 15-20 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?”	

Time	Content	Notes
	<p>[PAUSE for 15-20 seconds.]</p> <ul style="list-style-type: none"> 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 for you. <p>[Briefly pause]</p> <ul style="list-style-type: none"> 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. <p>[Briefly pause]</p> <ul style="list-style-type: none"> Okay – one... two... three. Come back to the present moment.” <p style="text-align: center;">END OF VISUALIZATION</p> <ol style="list-style-type: none"> Ask participants to take one minute to write down what stood out to them during this visualization and what insights they gained. After the allotted time, bring everyone together, and ask for volunteers who would be willing to share what they discovered. <ul style="list-style-type: none"> Solicit several responses. End by making the following key points: <ul style="list-style-type: none"> “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. 	
<p>Facilitator Says:</p>	 <p>Key Points to Make:</p> <ul style="list-style-type: none"> “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. 	

Time	Content	Notes
Facilitator Says:	<ul style="list-style-type: none"><li data-bbox="500 310 1166 457">▪ And this is where self-discipline comes into play. We need it to become the best versions of ourselves, and to achieve what we want to accomplish in our lives.” <p data-bbox="393 493 755 529">Transition to Next Topic:</p> <ul style="list-style-type: none"><li data-bbox="500 567 1120 640">▪ “So how can you be more self-disciplined in order to reach this better future?<li data-bbox="500 678 950 714">▪ What does self-discipline take?<li data-bbox="500 751 1112 825">▪ This is what we are going to explore for the remainder of this training.”	

Time	Content	Notes
10 minutes	Self-Discipline Road Map Overview	Materials Needed:
Facilitator Says:	<p>“When it comes to strengthening your self-discipline, it helps to first understand what self-discipline actually is.</p> <p>You will also need to have a clear idea of a destination you want to reach, and, a map to get there.</p> <p>[Show PowerPoint of <i>Self-Discipline Road Map</i>]</p> <p>This is the Self-Discipline Road Map.</p> <p>It is a powerful tool to help you more easily resist short-term pleasures and conveniences, as you work toward achieving a more important end.</p> <p>We are going to use this map in this training. Let’s take a closer look at it.”</p>	<p>Pen or pencil, “Self-Discipline Road Map,” and Worksheet #1 – “What is Self-Discipline?”</p> 

Learners Activity: “Self-Discipline Road Map Overview”**Do:**

Activity Objective: Participants are introduced to the Self-Discipline Road Map to strengthen their self-discipline as they work towards reaching an important goal.

**Directions:**

1. Have participants pull out the “Self-Discipline Road Map” that was sent to them prior to the teleseminar.
 - **Note:** This document consists of four pages. For your preference when sending out, there is a black and white version or a color version of this map.
2. Give participants a general overview of the Self-Discipline Road Map and its four main sections:

Say:

“The Self-Discipline Roadmap consists of 4 key components:

- 1) *Get Going* – Bottom left.

It can be difficult to begin something new.

Part 1 is about how self-discipline works best when you identify something important to strive for and identify the reason for wanting to achieve it.

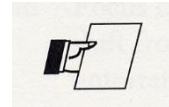
- 2) *Delay Gratification* – Bottom right.

This is about putting off smaller gratifications that won’t help you reach your goal.

They either distract, delay, or completely knock you off course.

- 3) *Avoid Distractions* – Top right.

This helps you to keep sight of your long-term goals and avoid the distractions that knock you off course.



Handout –
“Self-Discipline
Road Map”

**Facilitator
Says:**

4) *Think Long-Term* – Top left.

Picking future rewards over immediate gains and persevering until they are attained.”

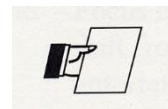
3. After introducing participants to the Self-Discipline Road Map, continue by saying:

- “With this road map, you will pick a destination.
- Then together we will review numerous techniques, tactics and perspectives to support you and increase your self-discipline.
- You will decide which of these techniques, tactics and perspectives will work best for you. It’s your destination and your chosen course to get there. This is your Road Map.
- Getting to a destination happens one mile marker at a time. The same is true with our long-term goals; we achieve them one small action at a time.
- And this is why self-discipline is so important.
- So now let’s take a moment to define what self-discipline is and remember a key truth about how it develops within you.”

4. Have participants pull out Worksheet #1 – “What is Self-Discipline?” that was sent to them prior to the teleseminar.

5. On the worksheet, walk participants through completing the following two tasks:

- *Task #1* - From the words listed on the worksheet, direct participants to circle or highlight the word that they feel best describes what the term ‘self-discipline’ means to them. Tell them to be prepared to provide thoughts to support their choice.



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

- Allow participants one minute to review the words presented and to choose the one they believe best describes the idea of ‘self-discipline.’
- After, solicit several responses from volunteers.



6. *Task #2* – Next, tell participants that you have a brief presentation to give them, and you want them to complete the two statements about self-discipline on the bottom of the worksheet. And to take note on any points that resonate with them most.

What is Self-Discipline?

Self-discipline is the ability to sacrifice short term pleasures for long term rewards.
It's the ability to regulate and resist one's impulses, temptations, and weaknesses for the sake of self-improvement.
Self-discipline is a pattern of behavior where you choose to do what you know you should do, rather than what you want to do.

[Show PowerPoint Slide of *Statement #1 of What is Self-Discipline?*]

**Facilitator
Says:**

7. When ready, present the following:

“What is Self-Discipline?”

Statement #1 –

- Self-discipline is the ability to sacrifice short-term pleasures for long-term rewards.
- It's the ability to regulate and resist one's impulses, temptations, and weaknesses for the sake of self-improvement.
- Self-discipline is a pattern of behavior where you choose to do what you know you should do, rather than what you want to do.
- Self-discipline is an inner power that, on the one hand, provides self-control, and on the other, pushes you to go after something you want and persevere in obtaining it despite any hardships or difficulties you may encounter.

- Self-discipline helps you forego those things that offer immediate gratification so that you can gain something better.”

[Show PowerPoint Slide of *Statement #2 of What is Self-Discipline?*]

What is Self-Discipline?

Self-discipline must be built up over time.
Self-discipline isn't something you are born with - it's like a muscle that must be developed each day in order to grow strong.
Increasing self-discipline is about focusing only on a few areas at one time. As you progress, you can then add additional strategies and techniques to enhance your self-discipline.
Increasing self-discipline involves tapping into internal and external factors.

“**Statement #2** –

- Self-discipline must be built up over time.
- Self-discipline isn't something you are born with – it's like a muscle that must be developed each day in order to grow strong.
- Increasing self-discipline is about focusing only on a few areas at one time. As you progress, you can then add additional strategies to enhance your self-discipline.
- Increasing self-discipline involves tapping into internal and external factors. We'll be covering these factors in this training.”

End of Presentation

8. End by making the following key points:

Facilitator Says:



Key Points to Make:

- “It can be argued that self-discipline is one of the most important qualities needed to be successful in all areas of life.
- Self-discipline is needed to stay focused on reaching your goals; it also helps you persist when things get difficult and push past your obstacles.

**Facilitator
Says:**

Transition to Next Topic:

- If you desire personal excellence and achievement in any form, self-discipline is a must.
 - And the “Self-Discipline Road Map” that is provided in this training will help you do just that.
-
- Let’s dive now into each section of the Self-Discipline Road Map so that you can chart your course for success.
 - We’ll start with Section #1 – ‘Get going.’

Step #3 – Course Review & Application

Reviewing what has been learned is critical for long-term retention by participants. This step is the culmination, the fulfillment, of all the learning that has gone on during the workshop.

(This is a partial script and includes two segments
of this 90-minute training)

Activity Sheets

(This is one of 5 worksheets in this training)

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

Task #1

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.

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

Task #2

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...*

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