

We are born only with two fears:
loud noises and the fear of falling. All
the other fears you might have, are
learned along the way.

Yes, phobias are extreme and don't affect a large number of people. Yet, many fears affect us all: fear of failure, success, rejection, being judged, and embarrassment.



Being self-disciplined leads your way to getting out of **negative** self-thoughts and feelings.

Self-discipline is your trusted companion to get up and go.

When you feel down, it reassures you that there is a light at the end of the tunnel.

When you're too excited and a bit reckless, gives you the patience to keep calm and put one foot in front of the other.

Self-discipline doesn't allow you to jump ahead or leave yourself behind.



Self-discipline starts with organizing your thoughts about yourself and continues with developing a cluster of habits that take you where you want to be. What are these habits?

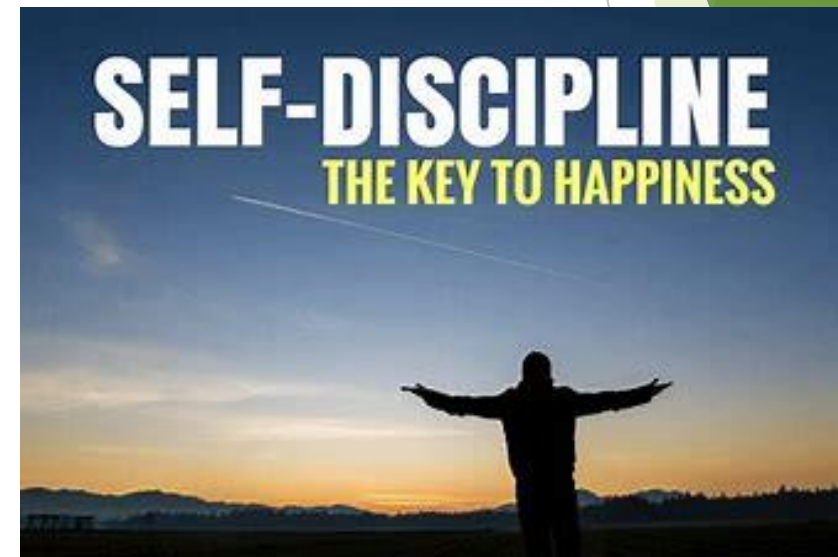
Make your goals visible to you- Write them down

Keep distractions at bay

Keep your “why” in mind

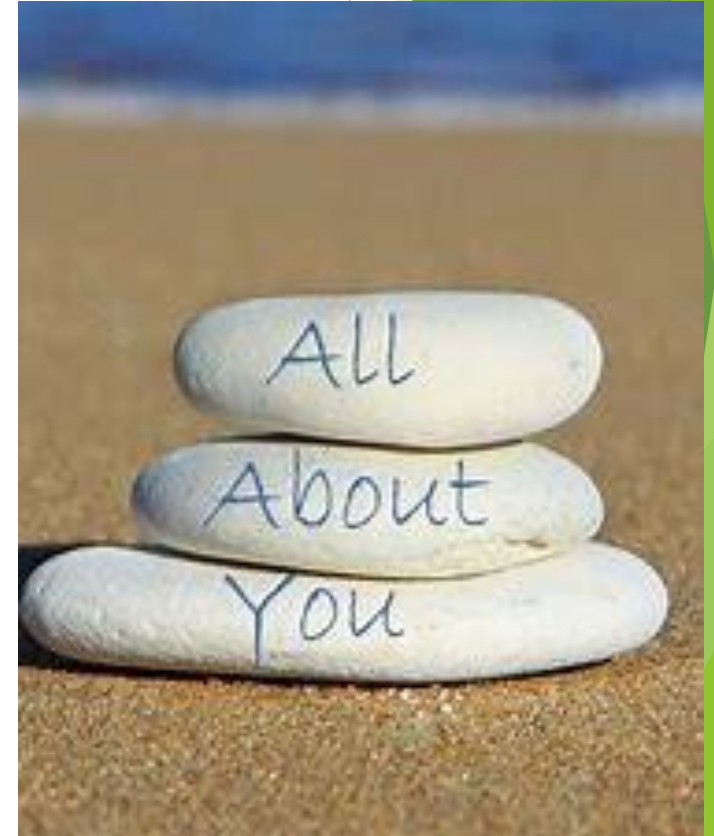
Stay energised

Believe you can be self-disciplined



Knowing yourself better – It really is all about you!

- Avoiding being negative
- Never allow yourself to feel defeated
- How to choose your goals
- Powerful routines
- How and when to give up
- The importance of acts of kindness (including giving thanks to yourself)
- Making your future more appealing by visualising it...and much more



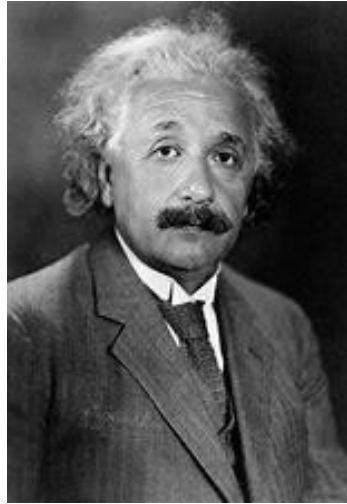
Learned helplessness

In the animal kingdom if an animal is repeatedly subjected to a situation that it cannot escape, it will stop trying to escape and behave as if it is utterly helpless to change the situation. Even when opportunities to escape are presented, this learned helplessness will prevent any action.

While the concept is strongly tied to animal psychology and behaviour, it can also apply to many situations involving you and me!

When people feel that they have no control over their situation, they may begin to behave in a helpless manner. This inaction can lead people to overlook opportunities for relief or change





Where would we be in a world without these famous faces?

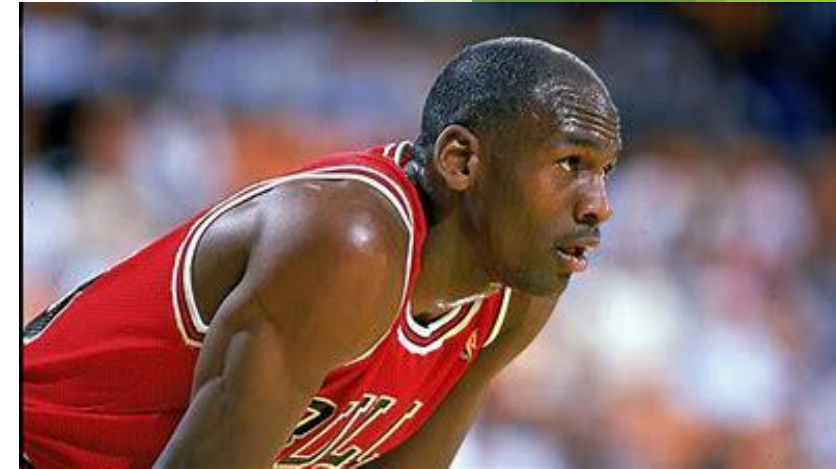
Through adversity and self-discipline they never gave up



Michael Phelps

‘I know that fear is an obstacle for some people, but for me it is just an illusion..... Failure always makes me try harder on the next opportunity.’

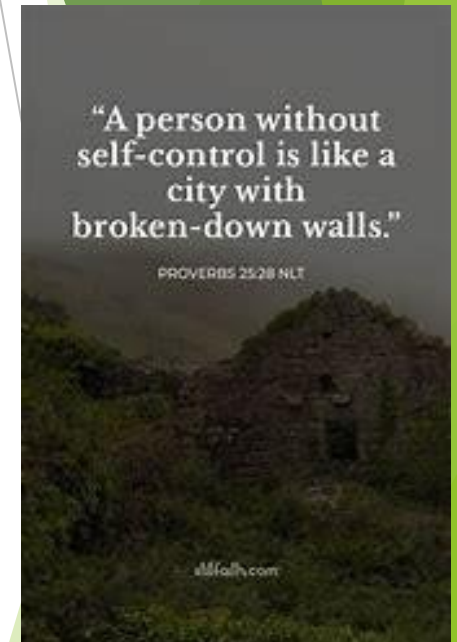
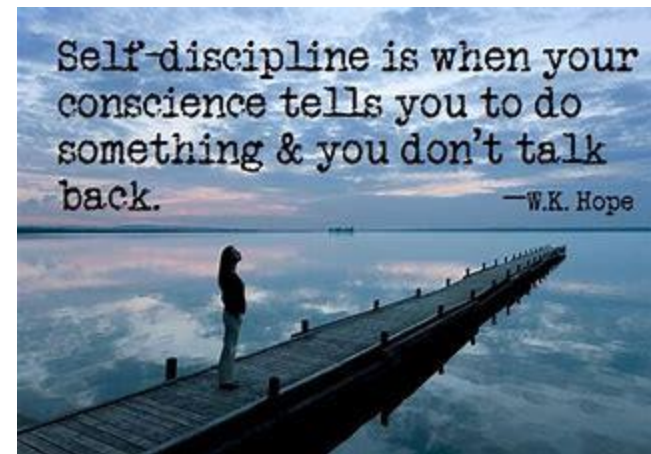
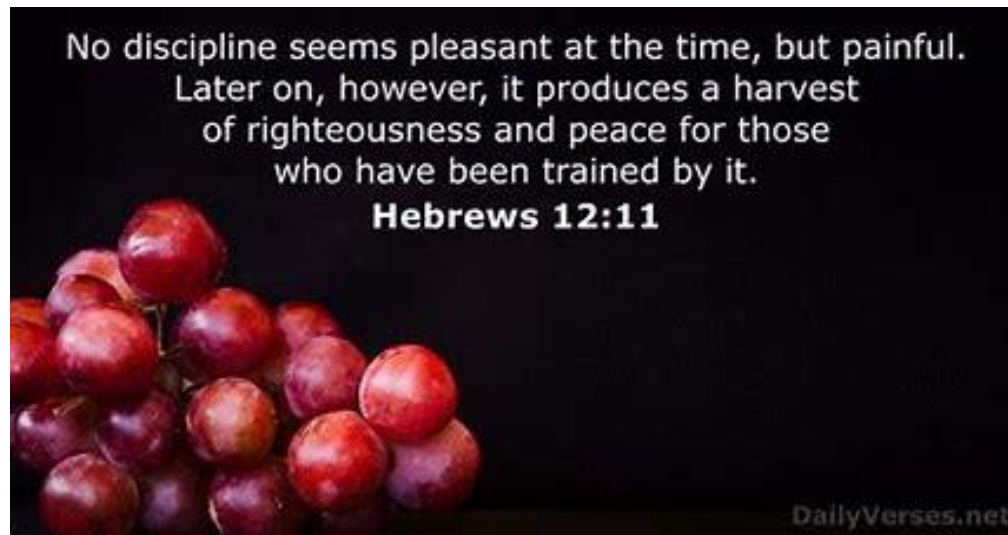
Bethany Hamilton



Michael Jordan

What does the Bible say?

For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it.



We are in Harvest season and at this time of year Christians pass the thankfulness of having food, by giving food to others.



Many churches do this annually at a Harvest Thanksgiving service. At this service, members of the congregation might bring gifts of food and flowers to decorate the church building as a sign of their thanks to God. These gifts may later be taken to needy or elderly people in the neighbourhood.

A pulpit is decorated for harvest thanksgiving

A prayer for reflection

Dear God,

Please help me to have more self-control. Train me, like an athlete to be strong and determined. Help me to show self-discipline during these difficult times to make me healthy and support those at home with me. Help me to manage the new pressures on my life so that I can remain strong and hopeful. May I show forgiveness, patience and peacemaking. Help me to increase my stamina to give out to those in need. And may I be freed from past hurts and confusions so that I can run free.

Amen.