

IN SIGHT for Oregon Lawyers and Judges

IMPROVING THE QUALITY OF YOUR PERSONAL AND PROFESSIONAL LIFE

Discover Your Hidden Power of Discipline

Some people think having a healthy lifestyle requires the discipline of a Marine drill sergeant. It would, if you think of every choice you make as a battle. But if you think longer term and set goals, your whole perspective can change.

It's the difference between:

"I don't feel like going to the gym, so I won't go,"

and

"I feel tired today, so I am going to warm up gradually before I get into my workout. I know I'll feel great when I'm done."

If you can answer these five simple questions, you'll feel the power of discipline in every decision you make:

- What life do I want?
- Why do I want that life?
- What steps will I take to achieve that life?
- What are some of the obstacles, temptations, and barriers that I will face?
- What healthy coping strategies will I use to pursue my goal when I am tempted to stray from that life?

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