

# 7 DISCIPLINES FOR SUCCESS



SLEEP

Successful people know how important it is to fire on all cylinders. During sleep, your body is working to support healthy brain function and maintain your physical health.

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HYDRATION

Every cell, tissue, and organ in your body needs water to work properly. In order to kick butt in business and life you need to make sure your body is supporting you to do so. Hydrate!

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STOP!

Stop what you're doing even if you're not finished. Successful people know when to stop. Unfinished business is better than poor quality work. Put the pencil down, shut the laptop and step away. Move on to the next thing and stay on schedule.

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SELF-CARE

Successful people practice self-care. This is a discipline NOT an indulgence. Be intentional about it. Periodically stop what you're doing and ask yourself how you're feeling. Do you need to stand up, take a quick walk or grab a glass of water?

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YOUR BEST

Stop striving for perfection, it does not exist. Perfection is the instigator of procrastination and will stop you in your success tracks. Do your best, be content here and then move on. Let go of perfection...and life will never be the same.

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EXERCISE

Make sure you schedule exercise. Successful people move their bodies. Make sure this time is carved out in your diary just like a business meeting would be and honor yourself enough to commit to it. Physical health will also help your mental health.

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SCHEDULE IT

Successful people know what they need to do and when. When do you work best? Make sure you schedule this time to do the work that requires you to think most or be creative and schedule your more routine tasks during other time slots. You got this!