

The New Meaning of Discomfort and Discipline

Discomfort

- Discomfort simply means “without strength”
 - We experience discomfort when we attempt to do something previously outside of our capability
- Discomfort is necessary for healing and growth
 - Discomfort shows up at the exact moment of growth and change
 - Discomfort is to be celebrated and welcomed in our search for higher levels of performance and health
 - The “I can’t” voice occurs in response to physiological changes that take place in the face of physical and/or emotional stress – it does not deserve our attention
- Paying attention to the “I can’t” voice reduces energy and motivation
 - Turning our attention to our truisms elevates energy and motivation
 - Every Source Institute client must be familiar with his or her 3 Truisms

Discipline

- Discipline is both the energy necessary to do what we don’t want to do at the exact moment that we don’t want to do it AND the experience of doing what we don’t want to do at the exact moment that we don’t want to do it

We are not saying to do what you know you shouldn’t do when you shouldn’t do it,

- Discipline is NOT punishment
 - Discipline is a good thing and it is necessary for growth
 - Discipline is a self-replenishing energy source – the more you use it, the more you have to use
 - Discipline can be shared
 - Discipline can be increased by increasing your overall energy, through the experience of suffering, and through the joy of growth and change