

Developing self discipline

Self discipline is the key to achieving your long-term goals and sustaining the positive health choices you make.

- 1. Develop your confidence
- 2. Learn moderation and scale down habits
- 3. If you falter try again!
- 4. Reward yourself for good behaviour
- 5. Face your fears
- 6. Forgive your failures
- 7. Know what you want and ask for it

