



Employees' Enrichment Series...

Power of Discipline & Living an Abundance Life

(The Power to Free Yourself to Achieving More Success in Every Aspects of Your Life!)

Introduction

"Our lives improve only when we take chances, and the first and most difficult risk we can take is to be honest with ourselves" Walter Anderson – Editor, Parade Magazine

If you are going to become more successful, you have to get out of denial and face what is not working in your life. Are you in denial about your lack of energy, your excess weight, your ill health, your lacking of performance or your tardiness? Are you failing to acknowledge that you have not been completing any projects entrusted to you and constantly blaming on everything and everyone else? Successful people face these circumstances squarely, heed the warning signs, and take appropriate action, no matter how uncomfortable or challenging it might be.

To face what is not working in your life usually means you might have to exercise more self-discipline, confronting an unpleasant issue, or even having to make a stand on issues of great importance to yourself.

Our potential for an abundance life is great because of the purpose in our lives. We are created to be fruitful and that is our purpose. This inspiring session will give you the encouragement to pursue a life more abundantly and exceedingly than you can imagine, and craft out your purpose to make a positive difference in your life and for the betterment of others around you.

"The world does not pay you for what you know; it pays you for what you do." Peter Ng

Objectives:

- Understanding what is Personal Success
- Transforming Negative Feelings into Positive Feelings and Energies
- Understanding the True Meaning of Discipline
- Applying the 4-Power of Discipline to Lead an Abundance Life
- Understand the Strategy of Changing our Thinking and Improving Creativity
- Overcoming Nasty Habits
- Becoming a More Productive and Happier You!

The fundamental purpose of this program is to assist individual in furthering their abilities to lead themselves in a much more disciplined, focus, and purposeful life. This program is designed for self-reflection, strengthening your values and to uplift your spirits. It is intended to be practical and inspirational.



Program Outline

Living an Abundance Life

- Understand the Definition of Personal Success
- Personal Success and Discipline are works together as one
- Understand the True Meaning of 'Discipline'
- Principles of the Power of 4-Discipline

Discipline of Smile

- Discipline of Smile
- How Smiles Can Produce DOSE for greater productivity and a joyful life
- 9 Major Benefits of Discipline of Smile

Discipline of Mind

- Understand the Roles of Conscious and Non-Conscious Mind
- Challenging the Process changes Patterns and Improve Creativity
- Self-Imposed 'Thinking Errors' Limits One's Potential
- Understand the Power of the Seeds of Inner Spirit Leading to Potential Developments
- Power of Actions

Discipline of Habits

- Understand the Inter-links of Habits and Success
- What Actually is Habit
- Understand the Process of How Habits are Formed
- Changing Bad Habits Process

Discipline of Celebrations

- Understand the Power of Positive Reinforcements for Greater Achievements
- The Critical Need for Intrinsic Motivation to Move Beyond our current performance
- Cultivating an Attitude of Gratitude to live an abundance life
- A Discipline Life is an Empowered Life

Power of Self-Discipline

