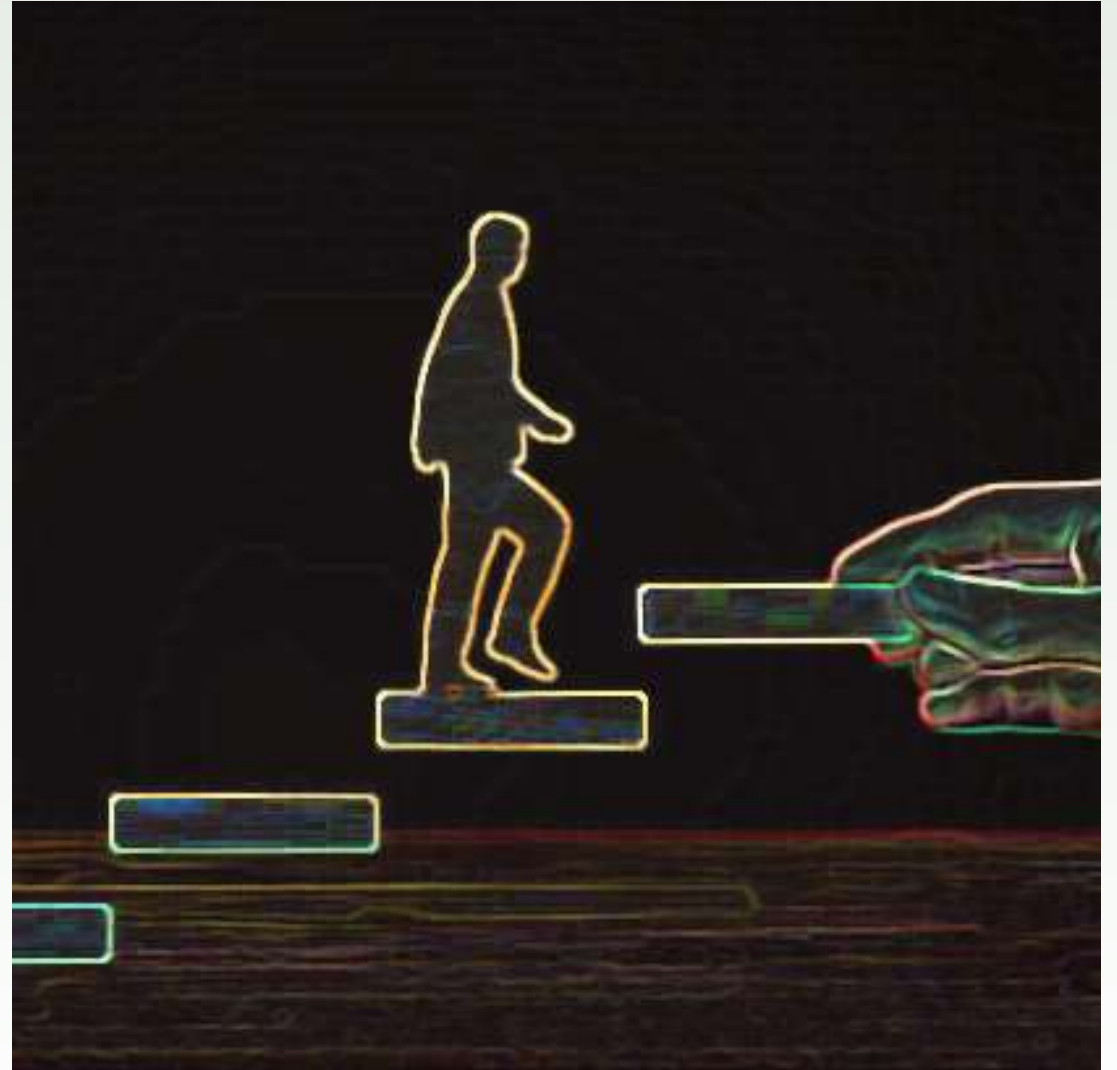


SOME PRACTICES TO MAKE LIFE DISCIPLINED FOR THE BETTER LIVING

COAST Foundation

19-22 February 2023



1. Discipline Your Thoughts

- Inside the brain and mind

2. Discipline Your Time

- Come in time in office and internal meeting
- Go to external meeting at least 10 minutes before meeting starts
- Maintain dateline if not share with the person who has given you the dateline, learning log

3. Discipline Your Morning

- Morning discipline almost gets an extra day
- Make the to-do-list

4. Discipline Your Friendship

- Make friends with good men/women with sufficient knowledge



5. Discipline Your Environment

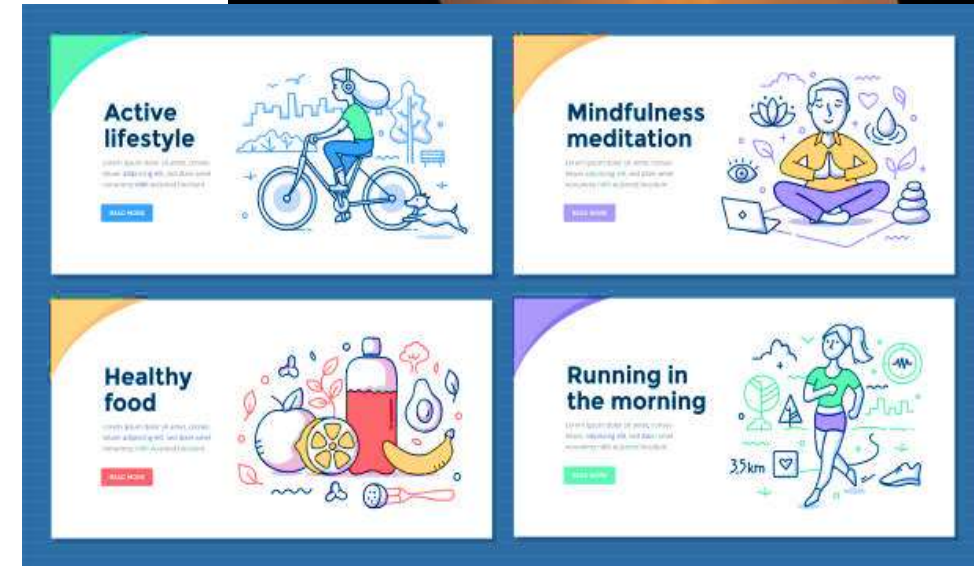
- Create positive environment
- Start from room, home/office and then outside
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6. Discipline Your Goals

- Set goals with convenience for you
- Segregate year by year and then month by month

7. Discipline What You Consume

- Balance food
- Less carbohydrate
- Not high protein in dinner
- Complete dinner by 20h30
- Think the nutrition not the taste
- Think that we are to eat for living not to live for eating
- Avoid junk food
- Occasionally take red meat (*avoiding is the best*)



8. Discipline Your Desires

- To succeed pick up few desires and achieve one and then another

9. Discipline Your Addictions

- It gives you temporary pleasure
- Addictions in any form are detrimental to the well-being of life
- Identify it at the beginning stage and remove it

10. Discipline Your Body

- Healthy persons have thousands of thoughts, but a sick person only has one
- Body weight limits the ability to work and deep thinking
- The internal organs are always busy managing the body weight

11. Discipline Your Progress & Growth

- Growth, progress, and education have become individual activities
- Study does not limit up to school it's life-long effort



12. Discipline Why People Perceive You

- Thinking by others about you
- Do the thing through which people can remember you forever

13. Discipline Your Impact

- What you do that has to have impact either it minimum

14. Discipline Your Inner Happiness

- Identify your happiness through doing of your any activity
- Happiness can be through limiting your expectations

15. Discipline Your Sleep

- Ideal sleeping time 7-8 hours for a healthy adult
- Early rising you can manage the whole day in your grips
- Less sleep can not let the brain functioning

16. Know Your Strengths and Weaknesses

- Everybody has strengths and weaknesses
- You can not overcome until you do determine



17. Practice Daily Diligence

- We are not born with self-discipline rather it is a learned behavior
- Practicing behavior regularly to positive changes

18. Find Trusted Coaches or Mentors

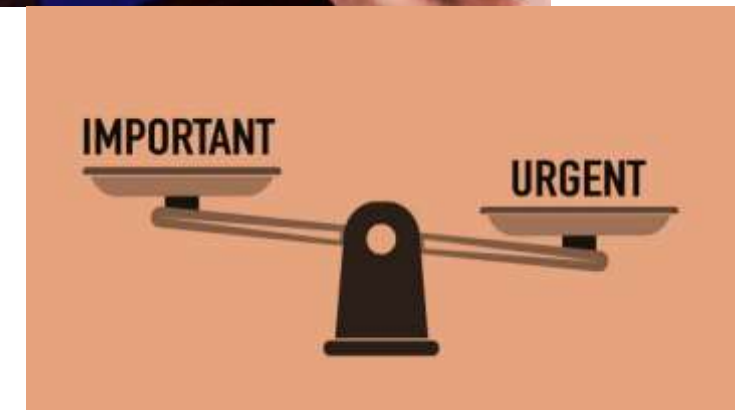
- We should find a coach or mentor who will give us good guidance and who is a role model

19. Forgive Yourself and Move Forward

- You do have mistakes and taking learning to move forward

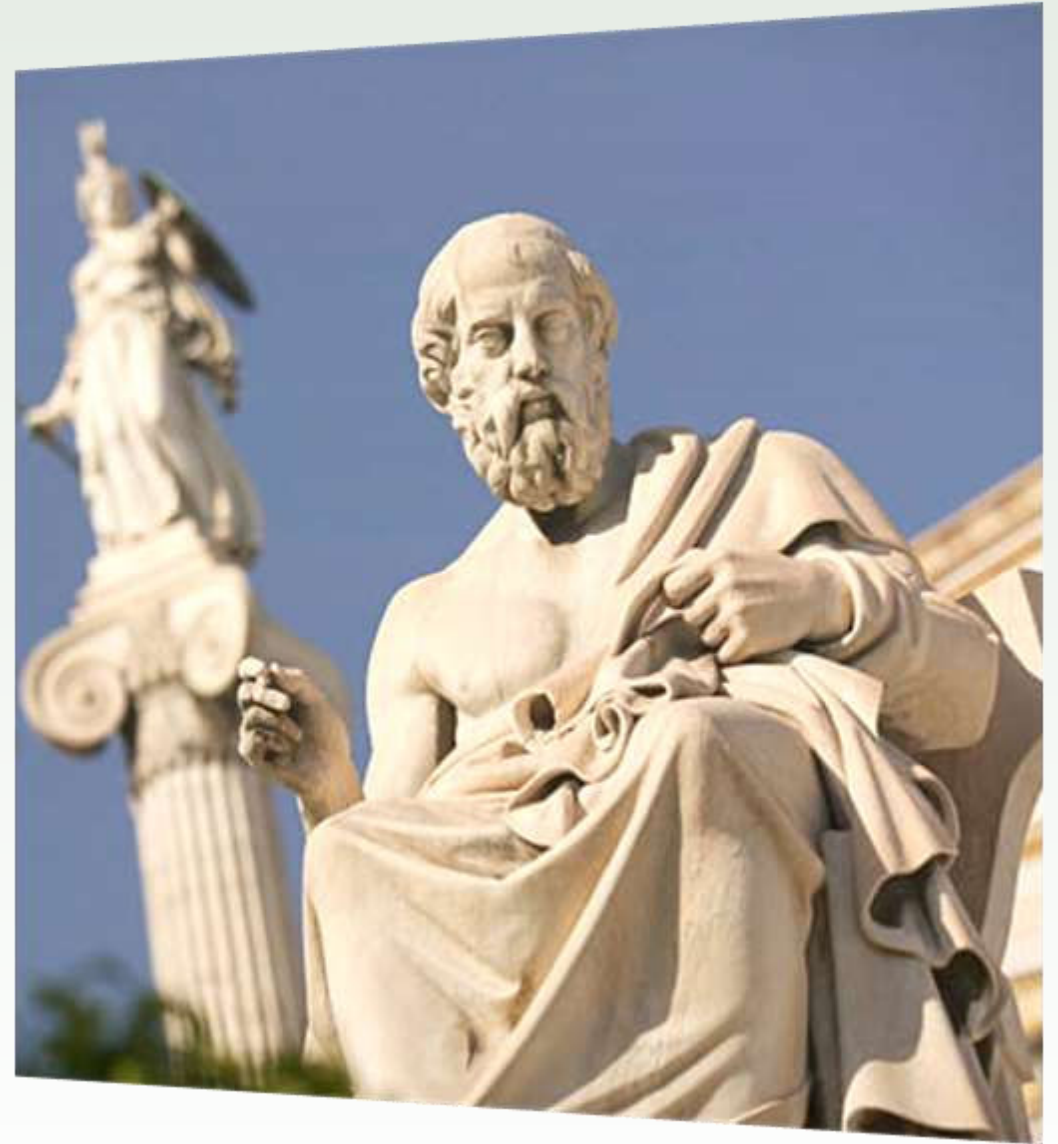
20. Discipline Yourself

- Nobody gives you priority, but you create your priority
- Without life discipline can be a horrible place



**“The first and best
victory is to conquer
self”**

-----Plato



Let's Discuss!

