



MOMENTUM
PEOPLE SOLUTIONS

Observing Discipline

How do you describe discipline?
What evidence do you seek?
What emotions does it stir?

Everyone is equally disciplined.

The only resource that matters
is how we spend NOW time.
'Now' is the only time that exists.



Person watching
10 hours of football →
still disciplined



Person on a
10-hour hike →
still disciplined

Both use 'now' with full commitment.

Challenge



Social



Spiritual



Mental



Physical



Financial

Track every 'now' moment.
Which ones build your emerging future?

We are all equally disciplined.
The real question is whether that discipline
serves the future we (and others) want.

Reach out to Kevin and Momentum People Solutions
to learn more about our coaching and leadership development programs.

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