



'Cultivate Fundamental Disciplines' Question

What do I imagine is possible for growth and well-being of my future self as I cultivate and continuously develop the five fundamental disciplines?

My insight is **I need accountability** and will create a much better future self when I am in community with others like this!

My insight is that **this is going to be fun.**

My insight is **I will make the commitment to making a small change every day** in my life to become the future self I see in my vision.

My insight is that all is one. Breathing/Meditation/Prayer doesn't matter what it's called. **It is this that connects us** with the animating spirit of the universe.

My insight is: It's now possible to enjoy real clarity, and **these disciplines have created more support for me** to live consciously, courageously, and a bit more compassionately, I'm enjoying more peace and power with the distractions and discomforts that naturally occur in my life!

My insight is **I am excited for today** as I participate in the annual Plant Stock weekend with speakers and menus and fitness suggestions to support my WFPB lifestyle.

My insight is **my future-self will start today.**

My insight is that daily, **dedicated time to explore treasures I have within is the best investment** I can make.

My insight is **discipline is being a disciple.** All these 5 fundamentals are gifts from my creator where I used them for a higher purpose in cooperating with Him so the world will be a wonderful world I live in where harmony and peace exist under all circumstances. I create my glimpse of Heaven.

My insight is: I am **creating my future self** that is stronger, healthier, better, more stable by taking my first steps **in implementing and practicing the five fundamental disciplines.** Trust the process!

My insight is I believe when I continue developing the five fundamental disciplines, **my health and well-being will improve** which will enable me to do more for myself and others.

My insight is **taking more action to the 5 disciplines** and not thinking disciplines are bad, but these are good for my new way of life.

My insight is that some days are easier than others. Continue to practice, practice, practice. **I am worth it!**

My insight is that the growth of my future self and wellbeing is directly proportional to the continuous development of the 5 disciplines creating new patterns. **Step by step, rewiring the brain.**

My insight is my present self is committed to continuously developing these five fundamental disciplines because **I am so excited to meet my future self!** I must be so dedicated to improving my health and well-being that I am able to get from where I am to where I want to be.

My insight is that my practice of the 5 CD's is a process mastered over time. **I have positive results to show, and miles to go.** The journey is the destination, as they say. 1% per day!

My insight is: **Focusing and meditation is more difficult when I don't have as many time sensitive deadlines,** yet when I do that's when I need to stay steady on these disciplines. That's the paradox.

My insight is: **I am ready, I am willing, I am worthy** to be the gardener of the Fab 5 to be alive and thrive! I must untether the ship from the harbor and set sail.

My insight is I'm willing to deeply **study and grow all five fundamentals to achieve mastery** without them will not achieve to my future-self! Thank you, Joe, for helping release!

My insight is that **I can choose to love the process of becoming my future self** if I focus, deliberately, on developing the five fundamental disciplines.

My insight is that I will keep on taking the small but significant steps. Each step will bring me - not farther from who I am to be – but closer. **Each step brings me closer in.**

My insight is **my progress in my life depends on the well-being of my body and mind.** Daily improvements in the 5 fundamentals will allow daily improvements in my life. Step by step. Moving forward each day.

My insight is everything is within me. **Time to allow my future self to emerge and enjoy this wonderful adventure** to be revealed. Thank you, Joe, for this journey.

My insight is **starting now is the awareness of my 5 disciplines will live my life to the fullest.**

My insight is **I don't have to be perfectly put together.** I'm ready to move on and embrace life with the 5 disciplines.

My insight is **I can get back on track when I get derailed.**

My insight is to **implement all 5 disciplines into my daily routines.** Staying aware of my behavior so I can correct or reset the behavior if needed to grow the discipline muscles to continually improve, so that they become a crucial part of my life.

My insight is: **"Simple but not easy"** really stood out for me today. I have to keep an eye on my future self and see the best version of myself. It is definitely going to be worth it. Discipline is my friend!

My insight is to exercise more mindfulness, breath with intent, focus, **stop ruminating about tasks to be done,** just do it. 1, 2, 3, Go!

My insight is **the mystery of my highest self and "why" is answered on my PW path. Consistency.** It was only 60 days of consistency when big growth and creativity presented itself. It is fun.

My insight is **I want to be the best version of me, and the fundamental disciplines will help me** to do that. In this revelation, I also realize that it is time for me to release the illusion that I have control of others. As this is my choice to follow these fundamentals, so too are their life choices their own choices, and not mine.

My insight is I have today to practice the five disciplines today. Tomorrow is not guaranteed thus today, I embrace, and I am thankful for this moment. **I will measure and track my 5 disciplines.**

My insight is, **I truly am in charge of creative thinking** that will crowd out negative thoughts of my abusive childhood.

My insight is today's light bulb moment is **simple but never easy**. Believe in the disciplines, practice them until you become your future self. I cannot wait!

My insight is: Every morning **I choose the positive stimulus to work with to be in alignment with my best future self**. My fundamental disciplines are my blessing and my motivation to the best me that I don't know yet.

My insight is to come out of the corner and **keep going and growing** and be the hero in my own life. Thanks Joe.

