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○ No. 2    ○ VOL 1    |    ○ 2009

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▶ SEEKING FULFILLMENT?  
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GET IN SHAPE! SHAPE UP  
YOUR MIND, BODY AND SPIRIT  
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# Inner Element *empowered*



CREATING FITNESS FROM THE INSIDE OUT.  
SHARING TOOLS SO OTHERS CAN **LIVE ON PURPOSE!**

## Discipline Offers Freedom

"It was character that got us out of bed, commitment that moved us into action, and discipline that enabled us to follow through." These are the words of one of the most recognized motivational speakers, Zig Ziglar. Like most of his quotes, these words of inspiration resonate a truth within. Yet many of us have a skewed perspective of discipline and what a life with discipline entails.

We typically operate on a limited belief system regarding discipline and our sense of freedom. We feel that a true sense of freedom is associated with free thought and less structure when exactly the opposite is closer to the truth. This misinformation encourages us to operate on auto pilot, treating our lives as a series of daily habits instead of mindful tasks. Or worse, we live as if we are gambling, tossing the dice and waiting to see what life will toss back.

Structure needs to be restored.

I'm not talking about living with an exhausting schedule or creating daily rituals. This would lead us back down the trail of the *living-by-habit* mentality.

Instead, I'm suggesting that we live with consciousness. And conscious living takes some structure, a bit of planning.

In other words, **STRUCTURE TAKES DISCIPLINE**.

If you fail to apply structure to your journey, you will not move forward. You will stay where you are or even regress in your life.

Discipline is not a rigid way of life. It is a standard. Discipline is the standard you require of yourself. Discipline enhances mindful living.

The difference between discipline and ritual is as simple as two questions. If you are someone who takes time each day to meditate, pray, sit in silence or exercise, you can ask yourself:

Am I mindfully in the moment?

Or

2. Is this a habitual ritual?

A tool that I can offer to stay in mindfulness is to create a template for your day instead of a strict schedule. Your template includes the things in your life you must have in order to fulfill your optimum potential. For example, my template includes the following: exercise five times a week, meditate twice a day, write daily, read daily and play daily. These are the things that I know keep me grounded and centered. Below are the four steps you need to create a **LIFE TEMPLATE**:

1. List the three to five items you need in your life to exist at your potential best.
2. Create an "outline" of these items with flexibility in the structure of how they will fit into your day.
3. Develop a weekly task list of items you must complete. Prioritize these items on a separate sheet.
4. Add in your weekly task list items to your template in the order of priority.

Developing a **LIFE TEMPLATE** offers you flexible structure. This gives you the opportunity to stay focused on your goals, yet at the same time you are still living a life that is fulfilling and balanced. This **FREEDOM** enables you to feel like you are still moving towards completion of your important items without feeling overwhelmed.

Athletes visualize the muscle they are training. Great thinkers focus during meditation. How you are in the moment will identify whether you are in mindfulness or habitualness.

Visit [www.inner-element.com](http://www.inner-element.com) and under the FREE STUFF tab, you will see the opportunity to download valuable Empowerment Tools. Download the **LIFE TEMPLATE** tool here for your personal use!

Rebecca Evans is an author, Transformational Speaker and Certified Empowerment Coach. She has published five books and three DVDs, all of which are available at local bookstores. To hire her as a presenter or register for her workshops, contact her at 208-794-5578 or [www.inner-element.com](http://www.inner-element.com).