

# Calm & Resilient: Nervous System Mastery

LEARN THE SCIENCE AND DAILY  
HABITS TO MOVE FROM SURVIVAL  
MODE TO CALM, GROUNDED LIVING



# Module 10:

## Lesson 2.

# Motivation vs Discipline



# Motivation vs Discipline

- Motivation fluctuates
- Systems stay
- Discipline is not punishment
- Stress reduces access to motivation
- Why motivation 'fails'



# Why Tracking Helps

- Awareness
- Patterns
- Safety



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# Systems Over Goals

“You don’t rise to the level of your goals.  
You fall to the level of your systems.”

Habits > willpower



# Takeaway

Design habits for hard days too

So instead of asking:

“Why can’t I stay consistent?”

Ask:

“What would make this easier?”

“What would reduce friction?”

“What would help on low-energy days?”



# Summary

**The benefits of tracking habits**

**Discipline over Motivation**



# Homework

Reflect over something you want to establish as a routine in your life. Let's say daily breathwork, or walking daily, or working out. Instead of asking yourself "Why can't I stay consistent?".

ASK

"What would make this easier?"

Perhaps putting out your work out clothes the night before, or practicing breathwork whilst in the shower (if you are struggling to make time for it)?

