



GETABSTRACT REVIEW OF

# Mindful Self-Discipline

**Living with Purpose and Achieving Your Goals in a World of Distractions**

Pursuing your goals without fear or distraction rests on your ability for self-awareness and self-discipline. Meditation teacher and coach Giovanni Dienstmann explains how meditation offers a superior awareness training method and a solid foundation for building focus and self-discipline.

**STEP 1**

Have your team read the getAbstract summary.

**STEP 2**

Schedule a team meeting to discuss the questions below.

**STEP 3**

Have a discussion with your team.

## Discussion Questions

1. Do you currently have a mindfulness practice?
2. Think of a goal you have achieved sometime in your past. What kind of qualities enabled you to reach it?
3. How can self-awareness help you resist distractions? Would you like to give the PAW method a try?
4. How can your organization support you in setting SMART goals and becoming more self-disciplined at work?
5. Can you think of a small goal that would lend itself well to practicing Dienstmann's methods?

*“[Awareness] gives you the freedom to choose how to respond to life as it happens, thus helping you live in alignment with your goals and values.”*

**MINDFUL SELF-DISCIPLINE**

Giovanni Dienstmann

## Additional resources



“Meditation Trains Your Mind.”



Mindfulness

