**What areas in your life must you recommit to?**

**What goals do you want to accomplish this year and in this lifetime?**

**How can you simplify your life?**

**How can you free up more time for yourself?**

**Why is self-discipline needed?**

**How do people differ in the areas where they need to be self-disciplined?**

**What is the definition of self-discipline?**

**In order to have discipline, what else must we have that goes hand-in-hand?**

**What tools do you use to demonstrate self-control?**