

Empty Your Bucket Plan


SUSTAINABLE LIFE TRANSFORMATIONS



14 SIMPLE

**YET POWERFUL PRINCIPLES
TO MASTER
NUTRITION & FITNESS**


The Trait of Kings Discipline



Give me six hours to chop down a tree, and I will spend the first four sharpening the axe. Abraham Lincoln was onto something when he said this famous quote.

I believe what Abe was conveying here was the importance of spending more time on strategy and habit development instead of attempting to brute force our way to success.

I see many people, frustrated and disappointed, because they feel like their efforts aren't paying off. They might be trying to change their nutrition habits, incorporate daily exercise into their lives, or perhaps simply attempting to stop hitting the snooze button multiple times before finally getting up.



It seems as if most people start with the best intentions, but shortly afterward, they fall back to their usual routines. Many people resign themselves to the ideology that discipline, and self-control are pre-dispositions, traits reserved for a select few.

However, when you see people who are “disciplined and self-controlled”, what you are truly observing is learned behavior. I’ll go as far as to say that every single human being on this earth is naturally undisciplined and lacks self-control.

So how did these distinct few learn the traits of discipline and self-control? The truth is that when you observe someone consistently performing a ritual, act, exercise, or any endeavor repeatedly without fail, this person has been able to refine their strategy or systems in a reputable manner.

The brain prefers shortcuts, and so whatever tasks require less mental effort, the brain will favor and repeat, allowing the individual to expend less energy on activities that initially seemed daunting.

I don't know about you, but this brings me a lot of optimism, thinking that I don't have to undertake a Herculean effort to make things happen. I'm reminded of the quote by James Clear that says, "We don't rise to the level of our goals, we fall to the level of our systems."

What this essentially means is that if we want to show up as the best version of ourselves, we need to refine our systems or habits. Once we do that, we will appear to be super disciplined and self-controlled individuals.

By the way, the only thing that separates us from realizing our wildest dreams is that simple word, discipline. The biggest complaint I hear from people when it comes to getting things done is, “I don’t have enough time.”

However, you have more time than you realize. I want to encourage you to understand that your next level of success can only be achieved by elevating your discipline, and that will only happen with the right kind of strategy. Investing time and effort in this will yield massive dividends in the direction of success.

Most people cringe when they hear the word discipline. I know you don’t expect me to curse in this video, and I hate to utter the ‘D’ word, but you need Discipline. I’m sorry, I know if kids are around, cover their ears :)

But you need to refine your strategy so that you can consistently act like a disciplined person. Your next level of breakthrough will be unlocked by your next level of strategy and discipline.

If you have the audacity to say, “I want great health and a vibrant body. I want to grow in my spirituality, I want to be a better spouse or parent,” then count the cost and pay the price of the law of sacrifice.

Living an uncommon life requires making uncommon choices and developing unique habits. If you desire a life that others don't have, you must do what others won't do. The truth is that most people will not take the time to create a strategy and sharpen their axe.

Most people never invest in a coach because they believe they can do it on their own. Most people spend their entire lives on the sidelines, uttering phrases like “should’ve”, “could’ve”, “would’ve”.

The trait of kings, called “Discipline”, is only a strategy away. Spend the time and effort to work on the actions necessary to show up as a disciplined person and bring your wildest dreams to fruition.

Here Are 14 Ways to Get Disciplined

▶ **Principle # 1**

Write what you want and why you want it. (The clarity Rule)

Principle: Clearly defining your goals is the first step to achieving them. For instance, you might write, “I want to eat five servings of fruits and vegetables daily because it will provide essential nutrients, improve my digestion, and lower my risk of chronic diseases.” Writing this down reminds you of the tangible benefits your nutritional changes bring.

▶ **Principle # 2**

Schedule the most essential activities that need to happen.

Principle: Planning is crucial for nutrition. If you intend to meal prep, set aside a specific day and time each week. If you’re trying to eat more fresh produce, schedule weekly trips to the farmer’s market. By assigning specific times for these tasks, you’re prioritizing them, ensuring they become routine.

▶ **Principle # 3**

Set alarms on your phone.

Principle: Modern life can be distracting, and it's easy to skip a meal or forget to drink water. Setting alarms can remind you to have a balanced breakfast, take your vitamins, or stay hydrated. For instance, an alarm every three hours could prompt you to snack on almonds or have a glass of water.

▶ **Principle # 4**

Get a coach or someone to keep you accountable.

Principle: A nutritionist or dietitian can provide expert advice tailored to your needs. Even a dedicated friend with similar goals can be invaluable. When someone checks in on your progress, offers encouragement, or even shares the journey with you, you're more likely to stay on track.

▶ **Principle # 5**

Create an environment that will support your goals.

Principle: Your surroundings play a massive role in your nutritional choices. Stock your kitchen with healthy foods and remove temptations, like sugary snacks or sodas. Organize your fridge so that healthy options are at eye level. If you're trying to reduce caffeine, have herbal teas readily available. The more accessible and visible healthy options are, the more likely you'll choose them.

▶ **Principle # 6**

Get out of your own way.

Principle: Self-sabotage is common when trying to improve nutrition. You might think, "I've already eaten badly today, so I'll start fresh tomorrow," leading to further unhealthy choices. Instead, recognize that one slip doesn't define your journey. Reframe negative thoughts, focusing on the positive steps you're taking.

▶ **Principle # 7**

Get comfortable being uncomfortable.

Principle: Changing eating habits can be challenging. You might miss certain comfort foods or feel hunger when you're used to snacking. Recognize that discomfort is part of growth. Embrace the challenge, knowing that with time, new habits will form, and what's uncomfortable now will soon become routine. For instance, initially, choosing a salad over fries might feel like a sacrifice, but with persistence, it'll become a preference.

▶ **Principle # 8**

Start Small (The 1% Rule)

Principle: Making small, 1% changes in our habits can lead to significant results over time.

Nutrition Application: Instead of overhauling your diet overnight, start with a single, manageable change. For instance, commit to drinking one extra glass of water daily or adding a serving of vegetables to one meal.

▶ **Principle # 9**
Make It Obvious (Cue)

Principle: One of the best ways to build a new habit is to identify a current habit you already do consistently and then stack your new behavior on top. Nutrition Application: Place a bowl of fruit on your counter where you'll see it every day. Or, set a daily reminder to eat a healthy snack at 3 pm.

▶ **Principle # 10**
Make It Attractive (Craving)

Principle: If you want to make a habit a big part of your life, make the cue associated with it attractive. Nutrition Application: Make healthy foods more appealing by trying new, tasty recipes or presenting your meals in an attractive manner.

▶ **Principle # 11**

Make It Easy (Response)

Principle: Reduce the friction associated with your habits. The easier, more accessible a task, the more likely you'll complete it. Nutrition Application: Prep meals ahead of time. Keep healthy snacks like nuts or fruit within arm's reach, so you opt for them over junk food.

▶ **Principle # 12**

Make It Satisfying (Reward)

Principle: We're more likely to repeat a habit if the experience is satisfying. Nutrition Application: Treat yourself to a small, non-food reward after a week of healthy eating. Or, note the increased energy and better mood you experience from proper nutrition as its own reward.

▶ **Principle # 13**
Monitor and Track

Principle: Measurement offers a way to spot your progress and build momentum. Nutrition Application: Maintain a food diary or use a nutrition app. Not only does this make you more aware of what you're eating, but seeing your progress can be a powerful motivator.

▶ **Principle # 14**
Never Miss Twice

Principle: If you miss a day, get back on track immediately. Consistency is key. Nutrition Application: If you have an off meal or day, don't be discouraged. Commit to making your next meal healthier.

Take Action Now!

My sincere hope is that you have found these principles helpful.

They have served me well for the past 20+ years in coaching individuals into healthy lifestyles. Even though these principles are great, what's even better is to be held accountable to them.

This is why we have created specific programs that can help you get into the absolute best shape of your life while honing your discipline and self-control, which apply to all aspects of life.

If these principles have resonated with and intrigued you, I would love to have a personal conversation and show you how we can help you make this a sustainable lifestyle by instilling powerful habits and strategies that will enable you to approach all aspects of your life with discipline.

Go to the link below to schedule a free 15-minute discovery call with no strings attached, where it'll just be you and me chatting about your goals and exploring the possibilities.

Here's the link: www.coachjttapias.com. I look forward to speaking with you very soon!