



Happiness-centric...

META MIND DISCIPLINE & EXECUTION

BE A PEAK PERFORMER

"Discipline is about being a disciple to your purpose & doing what you know you should do, even if you don't feel like doing it."

-Avinash Ananda

WHY

this program



Meta Mind Discipline & Execution is an intensive program to learn how to strengthen your discipline & execution by achieving higher levels of focus and persistence.

Discipline is the one quality without which all other qualities for success are of no use. Understanding the importance of discipline and how to execute in order to be more efficient and effective in your personal and professional life, is the purpose of this highly interactive, powerful and practical training program.

Internal and external disturbances in fast-paced changing times make achievement of results difficult. This is why it is important to learn how to overcome these disturbances and how to stay focused and disciplined despite negative emotions, distractions, temptations and multiple simultaneous tasks. You will learn how to be more disciplined and how to execute your plans efficiently and effectively.

YOU

will learn



- The importance of discipline
- How to make self-discipline a habit
- The importance of taking massive consistent action
- The reasons for lack of self-discipline
- How to motivate yourself into action
- How to overcome procrastination, distractions and short-term thinking
- Benefits and importance of time management
- Myths of time management
- Meta Mind time management techniques and tools
- How to plan your agenda and stick to it
- To take responsibility and develop commitment
- How to say 'No' to what distracts or tempts you
- How to like what you don't like, especially when you know you must do it.
- How to use alignment as a strategy to consistent execution excellence
- How to control and regulate your moods
- How to prioritize, delegate and execute