

# MODULE 1 – DISCIPLINE & THE 1% MINDSET

## Hustle Flow Academy – Module 1

### Discipline & the 1% Mindset

The Foundation of Every Hustle, Every Skill, and Every Success

#### INTRODUCTION

Before you learn any hustle—whether it’s freelancing, selling, printing shirts, content creation, or anything else—there is one skill that determines whether you succeed or fail:

##### **Discipline.**

No matter how good the opportunity is, no matter how skilled you are, and no matter how motivated you feel today...

**if you can’t stay consistent, nothing will grow.**

This module teaches you how to build the same mindset and habits used by top performers—the people who show up daily, stay focused, and reach the top 1%.

Discipline is not something you’re born with.

It’s something you **build**, slowly, through small repeatable actions.

And by the end of this module, you’ll know exactly how to build it.

#### SECTION 1: THE 1% MINDSET

The top 1% are not necessarily smarter or more talented—they simply behave differently.

Here’s what sets them apart:

##### **1. They focus on small daily wins**

While average people look for “big moments,” the top 1% build their success through tiny, consistent habits repeated over months and years.

##### **2. They don’t depend on motivation**

They understand motivation comes and goes.

Discipline is what keeps them moving even when they don’t feel like it.

### 3. They remove distractions ruthlessly

They don't let their attention get stolen by:

- Excessive social media
- Meaningless notifications
- Time-wasting people
- Unplanned days

They guard their focus like treasure.

### 4. They pick one direction and commit

Success requires concentration.

Trying 10 things at once guarantees failure.

The 1% choose **one path**, then go all-in.

### 5. They improve a little every day

Small improvements compound.

1% better each day = massive transformation in a year.

## SECTION 2: BUILDING DISCIPLINE FROM ZERO

Most people fail because they try to change too much at once.

Real discipline is built like a muscle—**slowly, consistently, and with simple routines**.

Below is the beginner-friendly formula you will use.

### STEP 1: Start With One Anchor Habit

An anchor habit is a simple action that keeps you grounded and consistent every day.

Examples:

- 10 minutes of focused work
- Cleaning your workspace
- Writing your goals
- Reading 1 page of a book

This habit should be so small that you can't fail.

### STEP 2: Remove Your Main Distraction

Every student in this academy has at least one major distraction.  
You already know what yours is.

It could be:

- TikTok scrolling
- Gaming
- Talking to friends who waste your time
- Chaos in your surroundings

Removing distractions gives you instant clarity and focus.

## **STEP 3: Create a Simple Daily Routine**

Not complicated. Just predictable.

Example:

- Morning: 10-minute focus block
- Afternoon: 1 task toward your main goal
- Evening: Review what you did

Consistency beats complexity.

## **STEP 4: Track Your Progress**

What gets measured improves.

Use a notebook or your phone to track:

- Tasks completed
- Time spent working
- Distractions avoided
- Improvements made

When you track your actions, your brain becomes more disciplined naturally.

# **SECTION 3: HOW TO STAY CONSISTENT LONG TERM**

### **1. Use the “10-Minute Rule”**

Whenever you feel lazy or distracted, tell yourself:  
**“I will do just 10 minutes.”**

Once you start, your brain will keep going.

### **2. Reduce choices**

Make your life simple: same work hours, same workspace, same system.

### **3. Reward yourself for finishing tasks**

Rewards strengthen habits.

### **4. Forgive yourself quickly**

If you miss a day, don't start over—just continue.

## **SECTION 4: 7-DAY DISCIPLINE BUILDER PLAN**

### **DAY 1 – Define your main goal**

One clear goal only.

### **DAY 2 – Remove one distraction**

Delete an app, mute notifications, block time-wasting people.

### **DAY 3 – Create your simple routine**

Same place, same time, same habit.

### **DAY 4 – Do your first focused work session**

Start with 10 minutes.

### **DAY 5 – Track your actions**

Note what you did well and what you can improve.

### **DAY 6 – Improve one habit**

Wake up earlier, prepare your workspace, etc.

### **DAY 7 – Weekly review**

Celebrate progress. Adjust small things. Continue next week.

## **SUMMARY**

Discipline is the most important module in this academy.  
If you master this, every other hustle becomes easier.

You don't become disciplined overnight—  
**you become disciplined by showing up daily, even when you don't feel like it.**

Begin small. Stay consistent.  
This is the foundation of your entire journey.