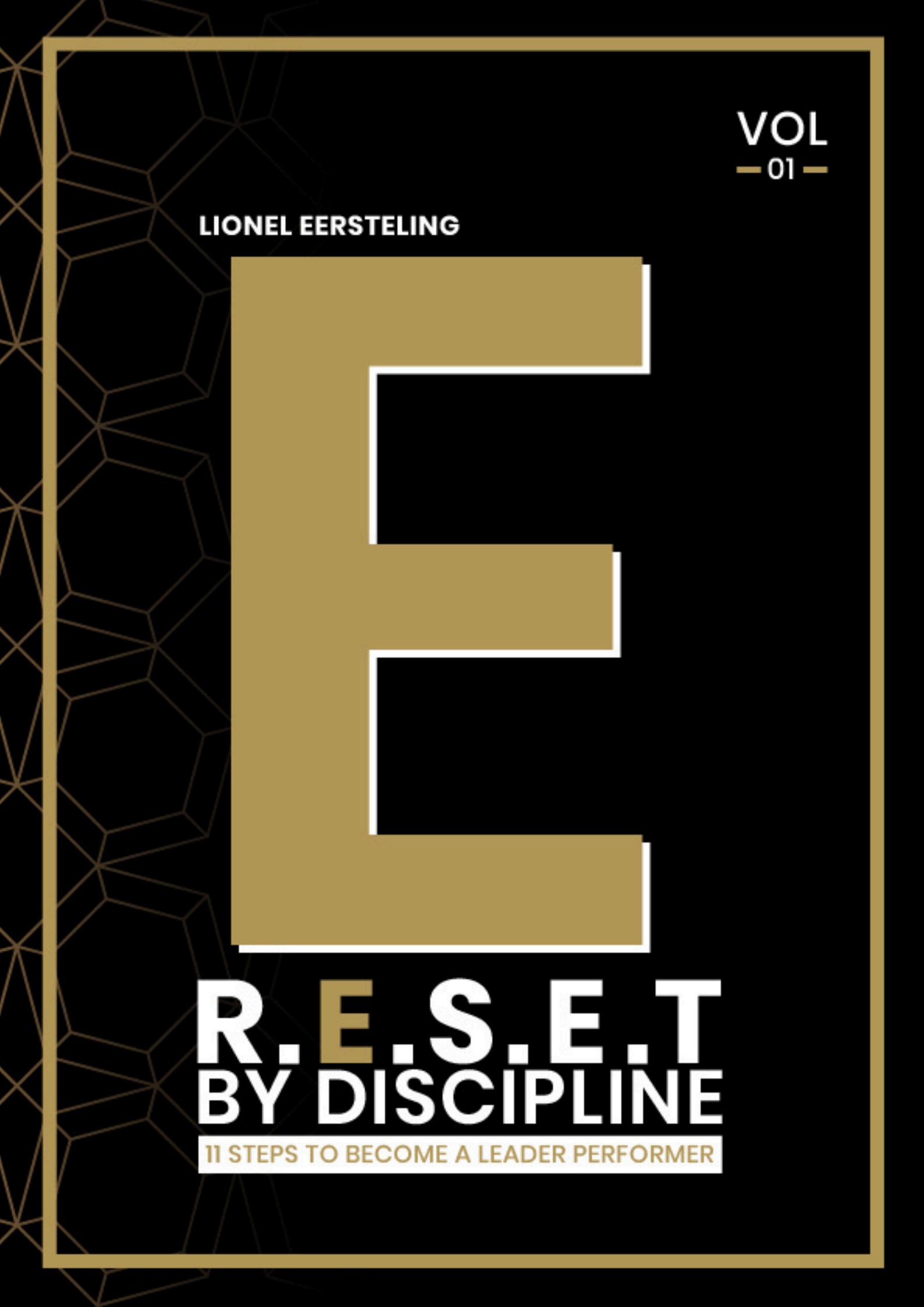


VOL
—01—

LIONEL EERSTELING



R.E.S.E.T BY DISCIPLINE

11 STEPS TO BECOME A LEADER PERFORMER

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FOREWORD

THIS BOOK IS NOT FOR EVERYONE.
ARE YOU SOMEONE READY TO USE YOUR FULL POTENTIAL? AND WILLING TO DO THE WORK AND TAKE RESPONSIBILITY FOR YOUR OWN SUCCESS? THEN THIS WORKBOOK IS FOR YOU.

'RESET BY DISCIPLINE' IS NOT A BIG BOOK FULL OF THEORY.
IT'S A DIRECT MANUAL TO TRANSFORM YOURSELF INTO A LEADER PERFORMER.

NO EXCUSES. NO SHORTCUTS. NO DELAYS. JUST DOING WHAT NEEDS TO BE DONE.

AFTER THESE 11 STEPS, YOU WILL BE STRONGER, MORE FOCUSED, AND UNSTOPPABLE.

INTRODUCTION

MOST PEOPLE LIVE ON AUTOPILOT.
THEY DREAM, BUT THEY DON'T DO.
THEY LOOK AT OTHERS AND ASK: "WHY DOES IT
WORK FOR THEM BUT NOT FOR ME?"

THEY HOPE FOR A SHORTCUT, A QUICK FIX,
SOMETHING EASY.
THE REALITY: IT DOESN'T EXIST. ANYTHING THAT
LOOKS FAST AND EASY IS AN ILLUSION.

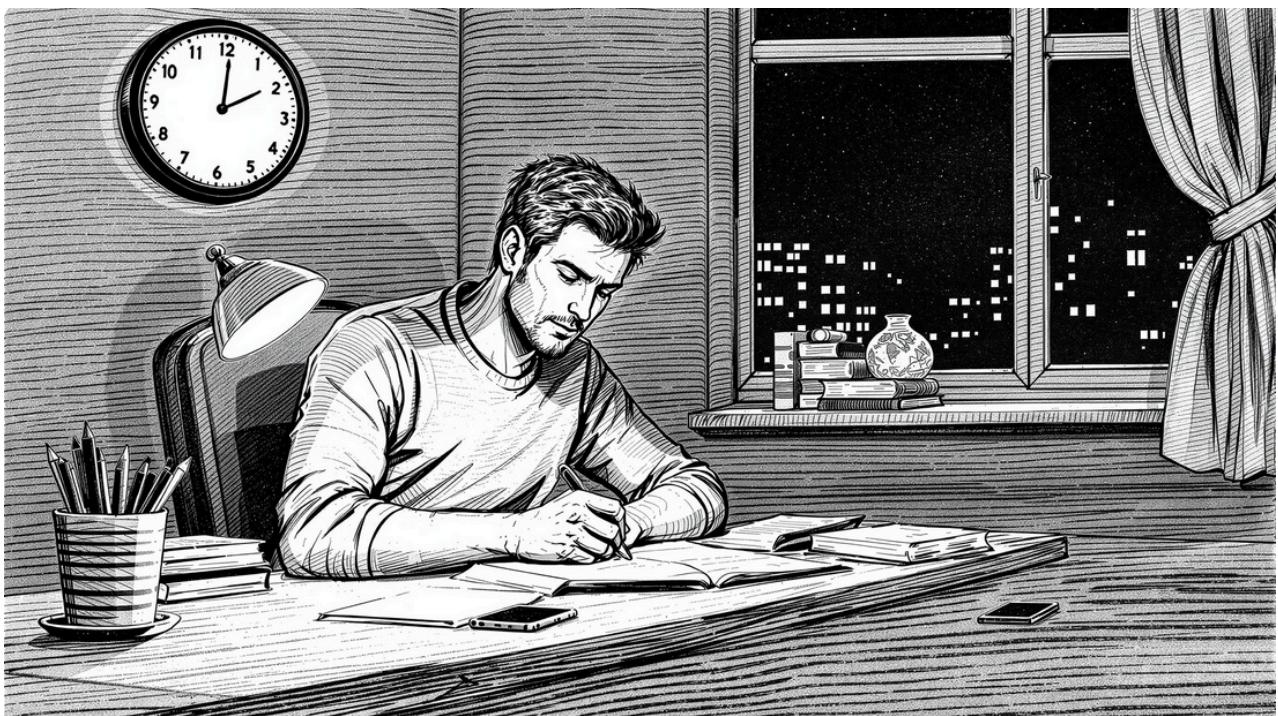
WHAT SEPARATES TRUE WINNERS? DISCIPLINE.
EVERYONE KNOWS THE PRINCIPLES. ONLY 3% APPLY
THEM CONSISTENTLY.

**THIS WORKBOOK GIVES YOU THE RESET YOU
NEED TO BECOME PART OF THAT 3%.**

STEP

01

WHY DO YOU NEED SELF- DISCIPLINE?



STEP 1

WHY DO YOU NEED SELF-DISCIPLINE?

DISCIPLINE IS THE BRIDGE BETWEEN WHO YOU ARE AND WHO YOU WANT TO BECOME.

MOST PEOPLE LET EMOTIONS LEAD THEM. THEY DO WHAT FEELS GOOD IN THE MOMENT. BUT WHAT FEELS GOOD NOW OFTEN SLOWS YOU DOWN.

EXAMPLE: YOU KNOW WHAT NUTRITION PLAN YOU SHOULD FOLLOW. BUT YOUR FEELINGS SAY: "TAKE THAT SNACK, YOU'VE EARNED IT."

YOUR EMOTIONS SABOTAGE YOUR LOGIC.

ONLY DISCIPLINE BREAKS THAT CYCLE.

WITH DISCIPLINE, YOU LEAD. YOU CHOOSE WHAT IS NECESSARY, NOT WHAT IS EASY. YOU GAIN THE POWER TO RESIST TEMPTATIONS AND STAY IN CONTROL.

INSPIRING STATEMENT

"SELF-DISCIPLINE IS SELF-RESPECT. EVERY CHOICE FOR DISCIPLINE IS A CHOICE MADE FROM STRENGTH."

STEP 1

WORKBOOK ASSIGNMENTS

ASSIGNMENT 1 – EXCUSE CHECK

WRITE DOWN 3 EXCUSES YOU USED LAST WEEK:

1.

2

.

3.

WHAT DID THEY REALLY COST YOU?

ASSIGNMENT 2 – MINI-ACTION

PICK ONE SMALL DISCIPLINE ACTION (COLD SHOWER, 15 MIN READING, 10 PUSH-UPS). DO IT FOR 7 DAYS STRAIGHT.

ASSIGNMENT 3 – REFLECTION

AT THE END OF THE WEEK, WRITE HOW IT FELT TO DO WHAT WAS NECESSARY INSTEAD OF WHAT WAS EASY.

STEP

02

WHY IS DISCIPLINE HARD?



STEP 2

WHY IS DISCIPLINE HARD?

YOU START ENTHUSIASTIC.

BUT THE MOMENT IT GETS TOUGH, MOST PEOPLE QUIT.

NOT BECAUSE THEY CAN'T DO IT. BUT BECAUSE THEY OVERESTIMATED THEMSELVES.

MOTIVATION IS NICE, BUT WITHOUT DISCIPLINE EVERYTHING COLLAPSES WHEN IT GETS HARD. DISCIPLINE IS THE MOUNTAIN BETWEEN INTENTION AND RESULT. AND YES, THAT MOUNTAIN MUST BE CLIMBED.

WHY DISCIPLINE FEELS HARD:

- NO QUICK ROUTE – IT'S A MARATHON, NOT A SPRINT. BREAKING OLD PATTERNS TAKES TIME.
- CONSISTENCY FEELS BORING – BUT BAD HABITS ARE ALSO BORING; YOU JUST DON'T NOTICE ANYMORE. WITH REPETITION, DISCIPLINE BECOMES AUTOMATIC TOO.
- YOUR BRAIN SEEKS KICKS – IT WANTS DISTRACTION AND SHORT-TERM PLEASURE. DISCIPLINE DEMANDS FOCUS AND REPETITION.
- YOUR ENVIRONMENT – PEOPLE WHO DON'T SUPPORT YOU WILL PULL YOU DOWN.

DISCIPLINE ITSELF IS NOT HEAVY. YOUR MINDSET MAKES IT HEAVY. AND EVERYTHING WORTH DOING REQUIRES EFFORT.

INSPIRING STATEMENT

"EVERYTHING WORTH DOING REQUIRES EFFORT."

STEP 2

WORKBOOK ASSIGNMENTS

ASSIGNMENT 1 – DISCIPLINE OBSTACLES

WRITE DOWN YOUR 3 BIGGEST PERSONAL OBSTACLES:

1.

2

.

3.

ASSIGNMENT 2 – REFRAME

HOW CAN YOU TURN THESE OBSTACLES INTO STRENGTHS?

ASSIGNMENT 3 – MOUNTAIN PLAN

NAME ONE “MOUNTAIN” YOU WILL CLIMB THIS MONTH. WRITE DOWN THE FIRST STEP.

STEP

03

DISCIPLINE
IS
SELF
LOVE



STEP 3

DISCIPLINE IS SELF LOVE

MOST PEOPLE THINK DISCIPLINE IS ABOUT WHAT YOU CAN'T DO. THAT'S WRONG.

DISCIPLINE IS NOT RESTRICTION. DISCIPLINE IS CHOICE.

YOU CHOOSE WHAT IS GOOD FOR YOU. YOU LEAD. NOT YOUR EMOTIONS.

YOU HAVE EMOTIONS, BUT YOU ARE NOT YOUR EMOTIONS. DISCIPLINE MEANS CHOOSING CONSCIOUSLY, FROM STRENGTH.

AND YES, SOMETIMES YOU CHOOSE SOMETHING LESS GOOD. THAT'S BALANCE. THAT'S WHY THE 80-20 RULE WORKS:

- 80% YOU FEED YOURSELF WITH DISCIPLINE.
- 20% YOU PLAN CONSCIOUSLY FOR BALANCE.

THAT MAKES DISCIPLINE NOT A BURDEN, BUT FREEDOM.

INSPIRING STATEMENT

"SELF-DISCIPLINE IS SELF-RESPECT. EVERY CHOICE FOR DISCIPLINE IS A CHOICE MADE FROM STRENGTH."

STEP 3

WORKBOOK ASSIGNMENTS

ASSIGNMENT 1 – CHOICE MOMENT

WRITE DOWN 3 TIMES LAST WEEK WHEN YOU LET EMOTIONS LEAD INSTEAD OF DISCIPLINE.

1.

2

.

3.

ASSIGNMENT 2 – 80/20 PLAN

HOW DOES YOUR PERSONAL 80/20 LOOK THIS WEEK?

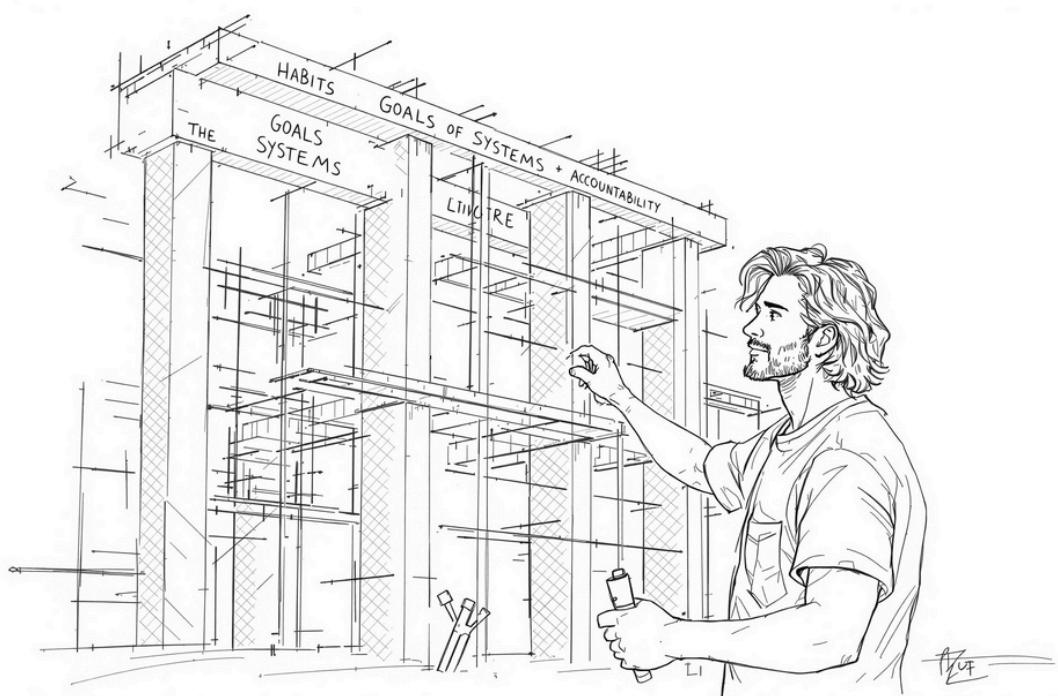
ASSIGNMENT 3 – DAILY REMINDER

WRITE EVERY MORNING: "I LEAD MY CHOICES. I CHOOSE WHAT MAKES ME STRONGER."

STEP

04

THE STRUCTURE OF DISCIPLINE



STEP 4

THE STRUCTURE OF DISCIPLINE

DISCIPLINE IS NOT TALENT. IT IS A SKILL YOU TRAIN.
THE MORE YOU TRAIN, THE STRONGER IT GETS.

THE 5 FUNDAMENTALS:

- ROUTINE – DAILY STRUCTURE.
- HABITS – REPLACING BAD ONES WITH BETTER ONES.
- DEADLINES – CLEAR GOALS WITH TIMELINES.
- COMMITMENT – STAYING LOYAL EVEN WHEN IT GETS HARD.
- TIME MANAGEMENT – CONTROLLING YOUR HOURS, NOT BEING CONTROLLED.

DISCIPLINE IS BUILT, BRICK BY BRICK.

INSPIRING STATEMENT

"DISCIPLINE IS NOT BORN. IT IS BUILT, EVERY SINGLE DAY."

STEP 4

WORKBOOK ASSIGNMENTS

ASSIGNMENT 1 – FOUNDATION CHECK

WHICH OF THE 5 FUNDAMENTALS DO YOU NEED MOST RIGHT NOW?

1.

2

.

3.

4.

5.

ASSIGNMENT 2 – REPLACE A HABIT

WHICH BAD HABIT WILL YOU REPLACE WITH A BETTER ONE THIS WEEK?

ASSIGNMENT 3 – 7-DAY ROUTINE

DESIGN A SIMPLE ROUTINE AND COMMIT TO IT FOR 7 DAYS.

STEP 05

WHY
DO MOST
PEOPLE
QUIT?



STEP 5

WHY DO MOST PEOPLE QUIT?

EVERYBODY WANTS RESULTS.
FEW DO WHAT IT TAKES.
THEY START STRONG.
BUT THE MOMENT IT GETS TOUGH, THEY GIVE UP.

**NOT BECAUSE THEY CAN'T. BUT BECAUSE THEY
OVERESTIMATED THEMSELVES.**

THEY WANT FAST RESULTS BUT UNDERESTIMATE REPETITION.
DISCIPLINE IS OFTEN BORING. BUT IT'S EXACTLY THAT WHICH
BUILDS GREATNESS.

THE MASSES QUIT. YOU DON'T.

INSPIRING STATEMENT

"THE DIFFERENCE BETWEEN WINNING AND LOSING: PUSHING FORWARD WHEN EVERYONE ELSE STOPS."

STEP 5

WORKBOOK ASSIGNMENTS

ASSIGNMENT 1 – YOUR QUITTING POINT

AT WHAT POINT DO YOU USUALLY STOP?

ASSIGNMENT 2 – PUSH-THROUGH ACTION

CHOOSE ONE ACTION YOU WILL KEEP DOING, ESPECIALLY AT THE POINT WHERE YOU NORMALLY QUIT.

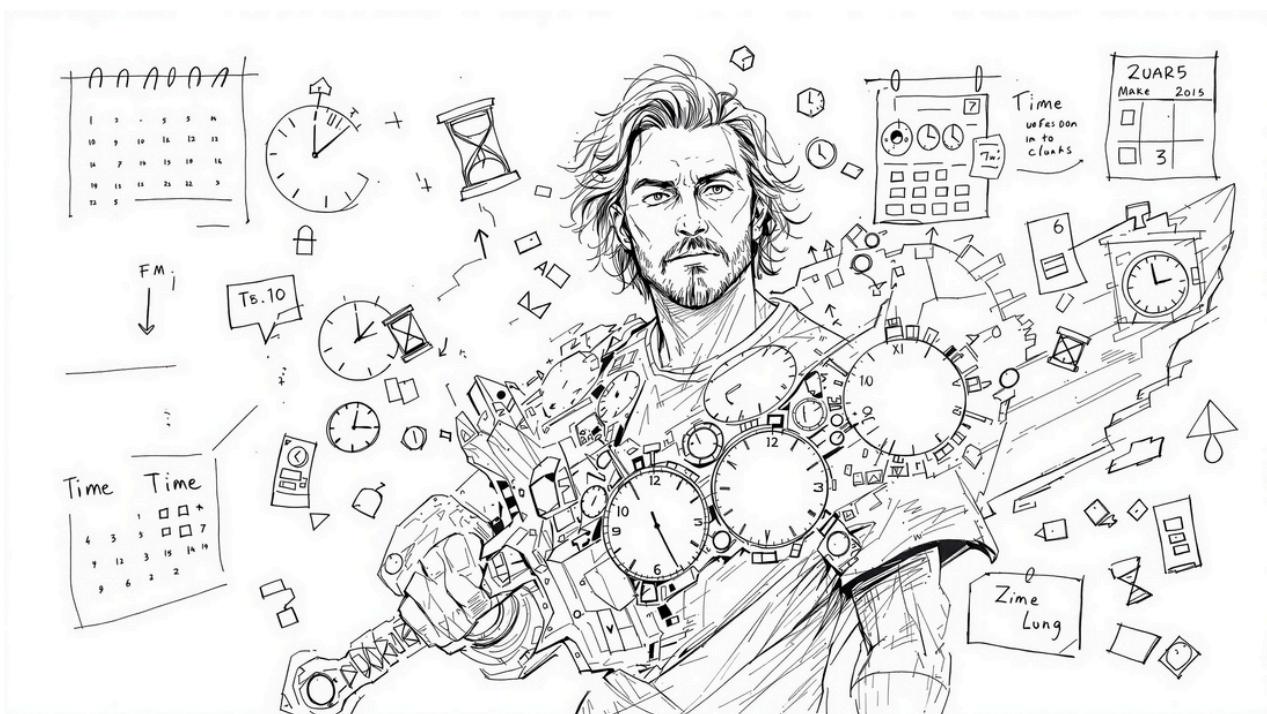
ASSIGNMENT 3 – REFLECTION

HOW DOES YOUR CONFIDENCE CHANGE WHEN YOU DON'T QUIT ONCE?

STEP

06

TIME AS A WEAPON



STEP 6

TIME AS A WEAPON

EVERYONE GETS 24 HOURS. THE DIFFERENCE LIES IN HOW YOU USE THEM.

TIME IS FAIR, BUT DISCIPLINE MAKES IT VALUABLE.

THE PASSENGER LETS DISTRACTIONS RULE.
THE DRIVER CHOOSES CONSCIOUSLY.

DISCIPLINE MEANS PROTECTING YOUR TIME.
SAYING NO TO NOISE.
SAYING YES TO WHAT MOVES YOU FORWARD.

INSPIRING STATEMENT

"TIME IS NOT A SHORTAGE. TIME IS A CHOICE. AND DISCIPLINE MAKES THAT CHOICE."

STEP 6

WORKBOOK ASSIGNMENTS

ASSIGNMENT 1 – TIME LEAKS

WHERE DO YOU WASTE THE MOST TIME DAILY?

ASSIGNMENT 2 – PRIORITY LIST

WHAT ARE YOUR 3 MOST IMPORTANT PRIORITIES THIS WEEK?

1.

2.

3.

ASSIGNMENT 3 – WEEKLY PLAN

PLAN YOUR WEEK SO THESE PRIORITIES SHOW UP EVERY SINGLE DAY.

STEP

07

SELF-CONTROL:
THE POWER
OF NO



STEP 7

SELF-CONTROL: THE POWER OF NO

MOST FAILURES DON'T COME FROM LACK OF TALENT.
THEY COME FROM LACK OF CONTROL.

SAYING YES TO TEMPTATION.
YES TO COMFORT.
YES TO PROCRASTINATION.

SELF-CONTROL IS THE MUSCLE THAT DECIDES WHETHER YOU WIN OR LOSE.

EVERY TIME YOU SAY NO TO WEAKNESS, YOU SAY YES TO STRENGTH.

INSPIRING STATEMENT

"SELF-CONTROL IS NOT DENIAL. IT IS EMPOWERMENT."

STEP 7

WORKBOOK ASSIGNMENTS

ASSIGNMENT 1 – TRIGGERS

LIST 3 SITUATIONS WHERE YOU OFTEN GIVE IN.

1.

2.

3.

ASSIGNMENT 2 – ALTERNATIVE CHOICE

WHAT WILL YOU DO INSTEAD NEXT TIME?

ASSIGNMENT 3 – NO-TRAINING

SAY NO TO ONE SMALL THING TODAY – AND NOTICE HOW IT FEELS.

STEP

08

DIRECTION:
LIVING
WITH A
COMPASS



STEP 8

DIRECTION: LIVING WITH A COMPASS

HARD WORK WITHOUT DIRECTION IS WASTED ENERGY.

DIRECTION GIVES DISCIPLINE VALUE.

A LEADER PERFORMER KNOWS WHERE HE'S GOING.
HE ALIGNS HIS ACTIONS WITH HIS VISION.
ANYTHING ELSE? OUT.

INSPIRING STATEMENT

"WITHOUT DIRECTION, DISCIPLINE IS WASTED. WITH DIRECTION,
IT IS UNSTOPPABLE."

STEP 8

WORKBOOK ASSIGNMENTS

ASSIGNMENT 1 – 5-YEAR VISION

WHERE DO YOU WANT TO BE IN 5 YEARS (PHYSICALLY, MENTALLY, FINANCIALLY)?

ASSIGNMENT 2 – FOCUS CHECK

WHICH 3 ACTIVITIES BRING YOU CLOSER? WHICH DISTRACT YOU?

1.

2.

3

ASSIGNMENT 3 – COMPASS ACTION

WRITE ONE ACTION TODAY ALIGNED WITH YOUR VISION.

STEP

09

**RESILIENCE:
BOUNCE
BACK
STRONGER**



STEP 9

RESILIENCE: BOUNCE BACK STRONGER

EVERYONE FALLS.
EVERYONE GETS HIT.

THE DIFFERENCE IS HOW YOU RISE.

THE MASSES STAY DOWN.
THE LEADER PERFORMER TURNS PAIN INTO FUEL.

EVERY FAILURE IS FEEDBACK.
EVERY SETBACK IS TRAINING.

.

INSPIRING STATEMENT

"IT'S NOT ABOUT HOW MANY TIMES YOU FALL. IT'S ABOUT HOW MANY TIMES YOU RISE STRONGER."

STEP 9

WORKBOOK ASSIGNMENTS

ASSIGNMENT 1 – SETBACK REFLECTION

WRITE ABOUT YOUR LAST SETBACK. HOW DID YOU REACT?

ASSIGNMENT 2 – NEW MEANING

WHAT LESSON WAS HIDDEN INSIDE IT?

ASSIGNMENT 3 – RESILIENCE ACTION

WHAT WILL YOU DO DIFFERENTLY NEXT TIME TO BOUNCE BACK FASTER?

S T E P

10

**LEADERSHIP:
DISCIPLINE
IN
ACTION**



STEP 10

LEADERSHIP: DISCIPLINE IN ACTION

DISCIPLINE DOESN'T STOP WITH YOU.
TRUE LEADERS USE THEIR DISCIPLINE TO INSPIRE OTHERS.

LEADERSHIP IS NOT WORDS. IT IS EXAMPLE.

PEOPLE DON'T FOLLOW SPEECHES.
THEY FOLLOW BEHAVIOR.

A LEADER PERFORMER DOES WHAT'S NEEDED — EVEN WHEN NO ONE IS WATCHING.

INSPIRING STATEMENT

"LEADERSHIP STARTS WITH YOU, BUT IT'S PROVEN IN THE LIVES YOU TOUCH."

STEP 10

WORKBOOK ASSIGNMENTS

ASSIGNMENT 1 – ROLE MODEL

WHAT 3 QUALITIES DO YOU ADMIRE MOST IN A LEADER?

1.

2.

3.

ASSIGNMENT 2 – MIRROR

WHICH OF THESE DO YOU ALREADY LIVE? WHICH DO YOU NEED TO BUILD?

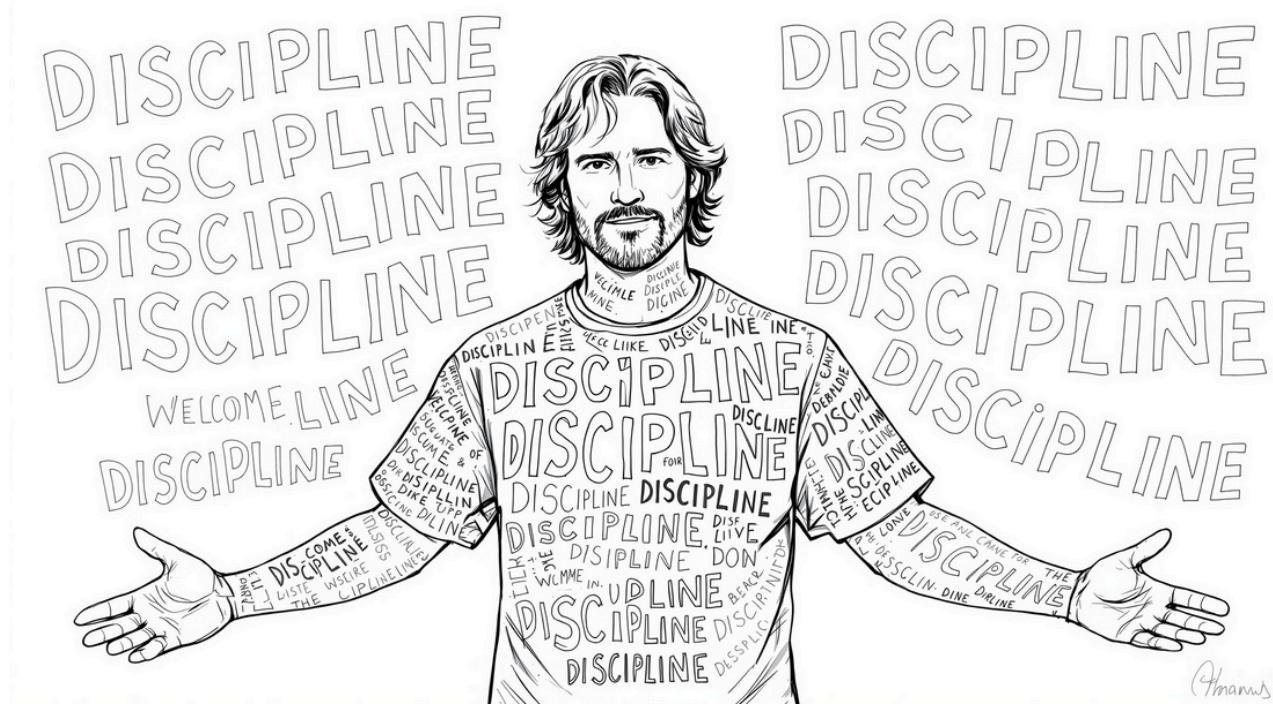
ASSIGNMENT 3 – ACT AS A LEADER

CHOOSE ONE WAY THIS WEEK TO INSPIRE SOMEONE THROUGH YOUR DISCIPLINE.

STEP

11

IDENTITY:
YOU ARE
DISCIPLINE



STEP 11

IDENTITY: YOU ARE DISCIPLINE

DISCIPLINE IS NOT WHAT YOU DO.
IT IS WHO YOU ARE.

ACTIONS ALWAYS FOLLOW IDENTITY.

THE PASSENGER SAYS: "I TRY TO BE DISCIPLINED."
THE DRIVER SAYS: "I AM DISCIPLINED."

WHEN DISCIPLINE BECOMES YOUR IDENTITY, YOU DON'T HAVE
TO PUSH YOURSELF.
IT FLOWS NATURALLY.

INSPIRING STATEMENT

"I DON'T ACT DISCIPLINED. I AM DISCIPLINE."

STEP 11

WORKBOOK ASSIGNMENTS

ASSIGNMENT 1 – I AM STATEMENT

WRITE: "I AM A LEADER PERFORMER WHO BREATHES DISCIPLINE IN EVERYTHING I DO."

ASSIGNMENT 2 – MIRROR RITUAL

REPEAT THIS EVERY MORNING IN THE MIRROR.

ASSIGNMENT 3 – IDENTITY PROOF

WRITE ONE ACTION EVERY DAY THAT PROVES THIS IDENTITY.

CONCLUSION – RESET COMPLETE

YOU'VE GONE THROUGH 11 STEPS.
YOU'VE DISCOVERED DISCIPLINE IS NOT A
LIMITATION. IT'S FREEDOM.

- YOU CHOSE FOCUS.
- YOU BUILT CONSISTENCY.
- YOU TOOK OWNERSHIP.
- YOU GREW RESILIENCE.
- YOU USED TIME AS A WEAPON.
- YOU INSPIRED OTHERS THROUGH LEADERSHIP.
- YOU BUILT AN IDENTITY THAT IS DISCIPLINE.

**FROM NOW ON, YOU ARE NO LONGER A
PASSENGER. YOU ARE THE DRIVER.**

DISCIPLINE IS YOUR STRENGTH. YOUR DIRECTION.
YOUR FREEDOM.

THIS BOOK IS NOT FOR EVERYONE.
IT IS FOR YOU – THE ONE WHO IS
DONE WITH EXCUSES, DELAYS, AND
MEDIOCRITY.

SEIZE THIS OPPORTUNITY TO RECLAIM CONTROL
OF YOUR LIFE. RESET BY DISCIPLINE PRESENTS 11
PRACTICAL STEPS THAT WILL GUIDE YOU ON
YOUR PATH TO PERSONAL GROWTH AND
UNYIELDING SELF-DISCIPLINE.

- BREAK THE CHAINS OF PROCRASTINATION
AND TAKE CONSISTENT ACTION
- BUILD MENTAL TOUGHNESS TO OVERCOME
CHALLENGES AND SETBACKS
- CREATE A DISCIPLINED LIFESTYLE THAT ALIGNs
WITH YOUR GOALS AND VALUES

LIONEL EERSTELING IS AN ENTREPRENEUR,
COACH, AND SPEAKER DEDICATED TO THE
PURSUIT OF EXCELLENCE AND THE
TRANSFORMATIVE POWER OF SELF-DISCIPLINE.
THROUGH HIS WORK, HE CONTINUES TO INSPIRE
OTHERS TO TAKE CHARGE OF THEIR LIVES AND
REACH THEIR FULL POTENTIAL.