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THE GROWTH EDIT - ISSUE 22



“Discipline is choosing between what you want now and what you want most.”
– Abraham Lincoln

Ponder This:

We all have dreams and goals—things we want to create, achieve, or become. But there’s a gap between where we are now and where we want to be. That gap is bridged by discipline.

Discipline isn’t glamorous, and it rarely feels good in the moment. It often shows up when motivation has faded and the voice of the ego gets loud: *“This is hard,” “You deserve a break,”* or *“What’s the point?”*

But discipline is about training your mind to keep going, even when it’s uncomfortable. *It’s the art of showing up, doing the work, and staying consistent—even when your emotions or circumstances try to convince you otherwise.*

Ask yourself:

- What are the non-negotiables in my life that I’ve been avoiding or procrastinating on?
- When discomfort or resistance arises, how do I respond?
- How would my life transform if I made discipline a daily practice?

Suggestion: Start by conditioning your brain to embrace discipline in small ways: Commit to one thing you'll do daily, no matter what.

It could be a morning walk, 10 minutes of journaling, or tackling a single task that moves you closer to your goal.

Acknowledge when your ego throws up excuses, and gently remind yourself: *"This is temporary. I'm capable of moving through this."*

Experiment with:

For the next week, focus on building your discipline muscle by leaning into discomfort:

- **Identify the hardest task of your day** and make it your first priority. Finish it before you allow yourself to move on to anything else.
- **Use the 5-minute rule:** If a task feels overwhelming, commit to doing it for just five minutes. Once you've started, you'll often find the momentum to keep going.
- **Celebrate progress, not perfection:** Discipline isn't about getting it right every time—it's about showing up more often than not.

Remember:

Your ego's job is to keep you safe and comfortable, but growth happens when you stretch beyond that comfort zone. Each time you honour a commitment to yourself, no matter how small, you send a powerful signal to your brain: *I can trust myself to follow through.*

Discipline isn't a punishment; it's a gift you give yourself. It's what turns intentions into action, action into habits, and habits into transformation.

As you practice discipline, you'll find that it not only strengthens your resolve but also creates a deep sense of pride, self-respect, and clarity.

What's one step you can take today to move closer to the person you're becoming?

FINAL CALL: Are you ready to turn your dreams and goals into reality in 2025?

If you're willing to invest in yourself and do the work to create the life you desire, I have an exciting opportunity for you.

I have **2 exclusive coaching spots** left this January at a **25% discount** for those ready to take the next step in their journey.

To help you decide if coaching is the right fit for you, I'm offering a **complimentary 90-minute Clarity Session**. Together, we'll:

- Gain crystal clarity on your goals.
- Identify the challenges or blocks holding you back.
- Begin the process of clearing what's in the way of your success.

This is a powerful first step toward creating the transformation you've been seeking. **Spaces are limited, so if this resonates with you, reply to this email and secure your spot today.**

Let's make 2025 your most impactful year yet!

Till next time.

Lots of love,

Rachel

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