

How to Take Tiny Steps to Self-Discipline

Are you struggling with self-discipline in your health habits? Consider the wise advice given in Proverbs 4:26:

“Ponder the path of your feet, And let all your ways be established.”

A Chinese proverb says, “The journey of a thousand miles begins with one step.” But have you considered where your daily actions are taking you?

As a believer in Jesus Christ and one who obeys His word, you know that your ultimate destination is heaven once this life is over. However to make your journey smoother, ask the Lord to help you follow a disciplined path today.

I once heard a pastor talking about the need for self-discipline to get delivered from things keeping you in bondage. When he said the word “discipline” I immediately thought about the word “disciple.” What is a disciple? It is one who is being taught, a student.

With discipline must come a path of instruction!

Could your missing key to discipline be that you are so focused on what you don’t want that you aren’t following a daily path toward what you *do* want?

You see, what you pay attention to increases in your experience. For example, if you tell yourself that you don’t like being overweight, but do not provide a simple, easy path for yourself to eat healthier or exercise daily, then you won’t change anything. As a result, what you don’t want increases in your life.

You are both the student and the teacher when it comes to

discipline. As a student, you might stumble along the path. That is where you as the teacher must step up. A good teacher is patient and helps the student either remove the obstacles that are in the way, go around the obstacles if they can't be removed, or take a different path altogether.

If you lack self-discipline, then all it means is that you have not given yourself a daily path of instruction to follow. The best path to create is one that is comprised of tiny steps:

- Want to eat healthier? Then your first tiny step could be getting rid of one soda in your home.
- Want to exercise? Then perhaps you can start by walking a short distance down the street when you get the mail everyday.
- Want to watch less television? Then just start with keeping the TV off for 10 minutes and work your way up

So today, think about your daily habits and identify which habit causes you the most anxiety. Target that habit to change. Create a new path of tiny steps that lead away from that habit and toward one that serves you better. Remove obstacles and temptations that may cause you to stumble and make your path straight. You will arrive at your new destination sooner than you think!

Note: This content was excerpted from Kimberly Taylor's new book "The Anxiety Relief Scriptures." Learn more at .

Kimberly Taylor is the author of "The Anxiety Relief Scriptures," "The Weight Loss Scriptures" and many other books. Once 240 pounds and a size 22, she can testify of God's goodness and healing power. Visit and receive more free health and weight loss tips.