

FiiReHaus Academy
presents...

How to Stay Disciplined and Accomplish Anything



FIISCALE

FIIREHAUS ACADEMY

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01

My Story



Eighteen, pregnant, *and still dreaming*

I was at the pinnacle of my journey—an honor graduate fresh out of high school, armed with numerous scholarships and a vision for the future. The world wasn't prepared for what I had to bring to the table. Yet, as fate would have it, I wasn't ready for what life had in store for me either. "You're pregnant." Those were some of the most daunting yet life-altering words I would ever hear. I felt unprepared for this news; I had goals to achieve, money to earn, people to meet, places to explore, and experiences to embrace. A baby was not part of my plans. But there I was—18, alone, and terrified.

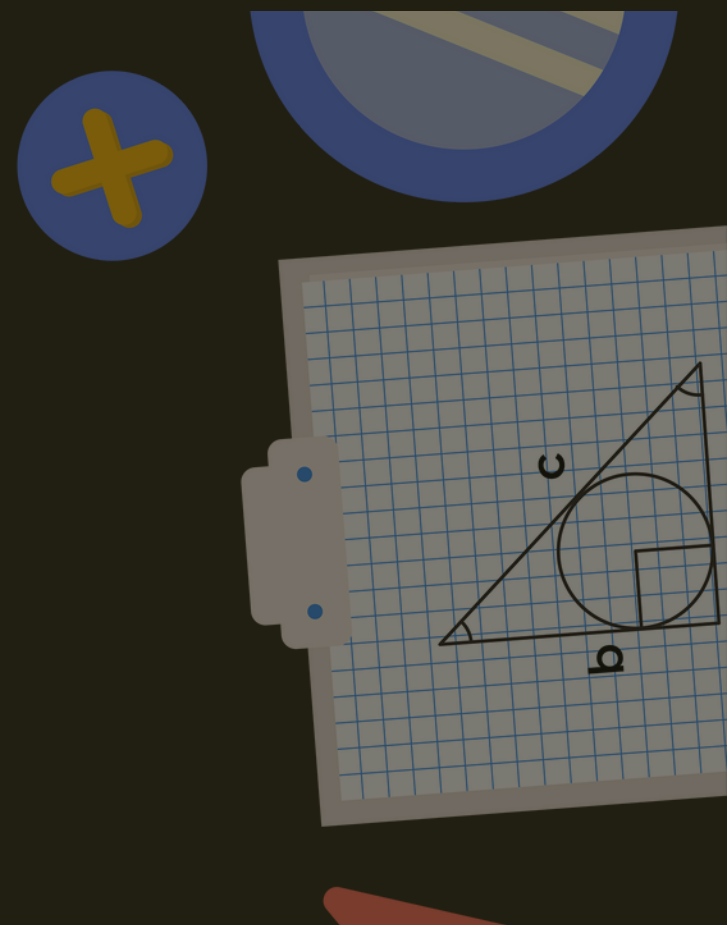
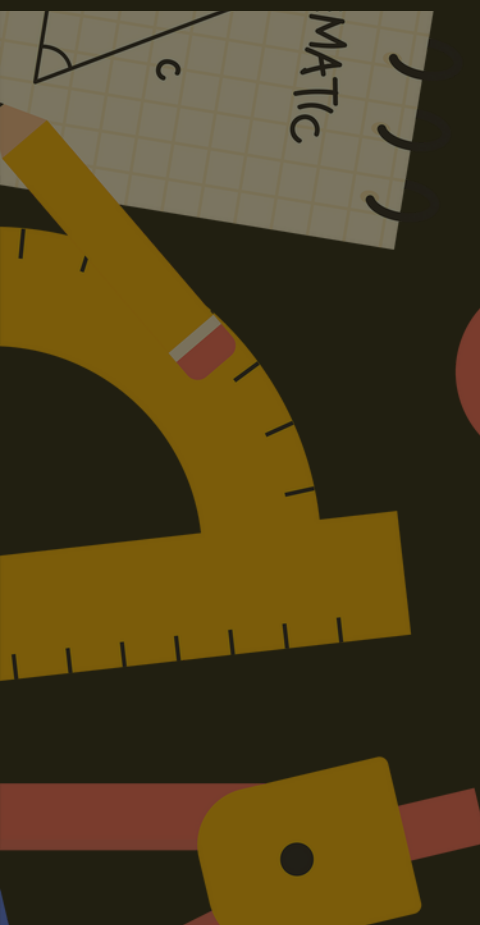
Naturally, this news would not be well-received by anyone. I was an honor student—intelligent, capable, and talented. Who could have predicted this turn of events? Sometimes, you can't help but wonder if the ups and downs of life catch God off guard just as they catch us! However, we know that nothing surprises God; He knew us before we even knew ourselves. He has a hope and a future for us, taking into account our imperfections along the way.

By the age of 24, I found myself a single mother of three. But I refused to abandon the dreams I had nurtured long before finishing high school. I was resolute in not allowing a few setbacks to hinder my progress. Despite the negativity, limited support, and some unfortunate circumstances, I rolled up my sleeves and pursued my dreams. Now, with five degrees—including a PhD by the age of 32—and three businesses and counting, many people wonder how I managed to achieve so much despite the challenges. At the time, it felt impossible. But in hindsight, I can honestly say it wasn't as bad as you may think. So, keep reading, my friend, keep reading.



02

What's in a Number



By February, 80% of
New Year's resolutions
have already sank

...and 92% of individuals
do not achieve their New
Year's resolution by year
end

60% of Americans
do not stick to their
financial goals

85% of employees
fail to meet work-
related goals

30% of individuals
do not achieve their
academic goals

Disciplined couples can
experience up to 20%
higher relationship
satisfaction

Disciplined individuals are
10x more likely to
achieve their New Year's
resolutions

Disciplined
individuals are 3x
more resilient during
setbacks

Disciplined
individuals tend to
experience a 30%
better sleep quality
and lower stress
level

Disciplined
individuals tend to
have a 30% higher
quality of life

The background of the slide is a photograph of a person's hands working on a laptop. The person's left hand is on the trackpad, and their right hand is holding a white pen over the keyboard. An orange rounded rectangle is superimposed over the center of the image, containing the text '03' and 'Clarity is Key'.

03

Clarity is Key



CLEARLY DEFINING YOUR WHAT

We've all heard of "SMART" goals, i.e. Specific, Measurable, Achievable, Relevant, and Time-Bound, yet for some reason we still miss the mark. So, what gives? I think that most people tank on their goals because they don't clearly define them. If you don't define what you're seeking, how can you expect to achieve anything. If a goal isn't specific, the rest of the acronym is meaningless. Many people underestimate the power of specificity in goal-setting, but without it, being disciplined can become a bit complicated. So how do you curtail this? By tailoring your goal.



When I think of "specific", not only do I think of clearly defining a goal, as SMART mentions, but clearly defining the goal that is specific to you. A well-defined goal is not only clear and concise, but also tailored to our specific circumstances. Many of us set "cliche" goals, often following the latest trends on social media. But in order to clearly define a goal, introspection is necessary. Take a minute to think about where you are [now], where you desire to be, and *then* what goal(s) will move the needle for you.

WHERE ARE YOU NOW

Half the battle won is always in being realistic with yourself and where you are in the now. If you're in a good place, great! How can you use where you are as a launching pad to go even further? If you're still progressing, what changes are necessary to ensure you go even further?

If you're feeling stagnant, do *something* so you can get some momentum. Remember, a swing gains momentum with every push. We've all experienced some aspect of each level, so don't feel bad if you're not where you desire to be just yet.

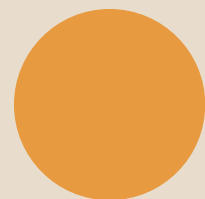




ASK THE RIGHT QUESTIONS

When clearly defining goals, asking the right questions matter.
Two questions are very important in setting specific goals.

- Does it make sense?
 - Write the goal in complete, concise sentences. If you are struggling to do so, then your goal is not specific enough.
 - If it's too wordy, then you may be dealing with multiple goals.
 - Does it make sense *for you*?
 - Incorporate yourself into the equation. Do you feel good about it *in your gut*? If your instincts feel “alarmed” or off, then it could be a sign the goal is not *for you*.
- 



MY TWO CENTS...

Thinking about the journeys I've traveled in my lifetime, I must say that crossing every finish line always came down to one thing... my *why*. Your "why" is your X-factor. It is the oil in your engine. As long as you have it, you'll always have at least the bare minimum to keep going.

There will be days when you don't feel like doing much. Your physical energy may be low. You may be emotionally and mentally exhausted. You may even question if this or that is right for you. This is when remembering why you started becomes the antidote to fight the toxicity in your mind and ultimately help you finish what you started.



HOME IN ON YOUR "WHY"

Have you ever taken a trip and suddenly wondered at some point along the way if you were on the right path? You'd been riding for a while, yet the GPS was saying absolutely nothing. And then you miss an exit and all of a sudden, the GPS goes nuts! Whereas your *what* is the destination you set, your *why* operates like the GPS.

When you feel like you're traveling the wrong way or even wonder where you're going, the GPS (your *why*) will always remind you to stay the course. So, embrace your *why* because some days you will need a gentle reminder of ***why*** you started in the first place.

Clearly defining
your why....

also requires
asking the right
questions

Who are you
doing this for
and why?

What will the
end results mean
for the
benefactors?

How will doing
nothing *now*
impact you *later*?



04

Lock In, Lock Out

● MY TWO CENTS...

I think the most interesting thing about my journey is that *I never believed I couldn't*. Even when people would say degrading things to me, I never dwelled on it because I was on a mission and I didn't have the mental capacity to hold unwarranted criticism and positivity...*not to mention work, school, and babies, lol*. I had to make a choice. I could either believe in myself or believe in what others believed about me. So, I chose to believe in me because deep down, I knew God had given me too many gifts to sell myself short and believe the contrary.

Whether you're doing good *or bad*, most people will have something negative to say. But I've learned that their negativity is more to do with them and how they feel about themselves rather than their true opinion of you. This is because your success highlights their deficiencies. However, that is no reason for you to dim your light because their opinions about you are actually *none of your business, anyway* 🙌 So, keep shining, my friend, keep shining!



Two Bible stories stand out when I think about locking in and locking out. In the book of Genesis, God instructed Noah to build an ark and “pitch it within and without” (Genesis 6:14). The purpose of pitching the ark was to keep it sealed and ensure the water wouldn't enter and flood it. Everything inside of the ark was life. It was necessary to ensure reproduction and productivity continued after the flood receded. Everything outside of the ark was destruction. It was all of the evil and chaos that God wanted to do away with because it was actually destroying life.

When you lock in positivity, you lock in everything necessary to keep you vibing, productive, *alive*. What you lock in may differ from the next person, but the goal is to seal in your mind everything that will help you move the needle. Equally important is your need to lock out. The vicissitudes of life are inevitable. But your next move and response time will depend largely on your perspective. Thus, you must be intentional about locking out everything that will hinder your growth and progress. I love how Jesus instructed Jairus to shut the door [on the crowd of doubters] before He raised his daughter from the dead (Matthew 9:25). There will be times when the chaos of life seem to drown you. This can activate doubt and fear, which can cause you to question whether you have what it takes to complete the journey ahead.

STUDIES SUGGEST
POSITIVITY CAN REDUCE
STRESS AND ANXIETY,
BOOST COPING ABILITIES,
AND INCREASE
PRODUCTIVITY

INSTEAD OF DWELLING ON
YOUR PROBLEMS, FOCUS ON
SOLUTIONS AND WHEN ALL
ELSE FAILS, REMEMBER ALL
THE REASONS YOU HAVE TO
BE THANKFUL 

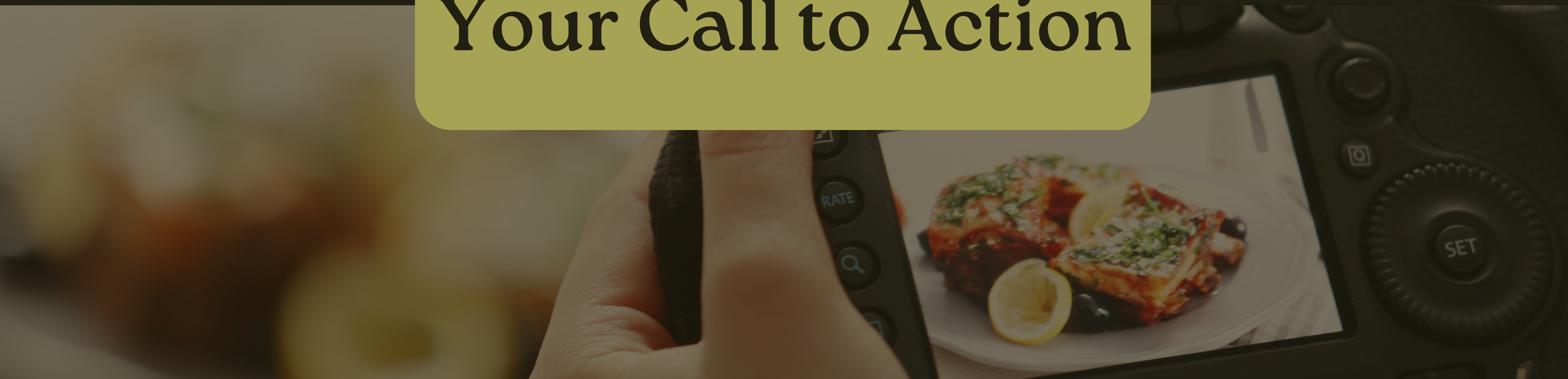
NEVER DWELL ON
OR SETTLE FOR
NEGATIVITY.
ALWAYS REPLACE
THEM WITH
TRUTHS.

MONITOR HOW
YOU SPEND YOUR
TIME AND MAKE
TIME FOR THINGS
THAT WILL MOVE
YOU FORWARD

ALLOW YOURSELF
ONE "CHEAT" DAY
TO REST AND
CELEBRATE YOUR
WINS, BIG AND
SMALL

05

Your Call to Action



You'll always be *arriving*...

Life is funny. Just when you think the goal is *the goal*, somewhere along the way you begin to realize that YOU were the goal all the while. But on this journey called life, every goal we set is another road trip. A chance to travel a new route, experience new things, and realize something amazing about ourselves that we didn't know before. As you continue to set new goals remember we are a work in progress and every goal we set is a part of that process.



DESTINATION ROAD TRIP

For me, the most exciting part about goal setting is imagining myself crossing the finish line...

Every goal we set is like taking a road trip. The beginning is fun, exciting, full of anticipation. We've got a full tank of gas. Our GPS is set. And we're buckled down and ready to roll. You quickly forget the responsibilities that still linger. The kids. Job. Spouse. You start to adjust and factor in time to remain dependable *and positive* while traveling new terrain.

Eventually, you get tired. Decide to hit a rest stop. Gas up. Get back on the road. You're in motion. And then... the bumps, twists and turns begin to happen. But you keep riding because technically, this is your first big test....*sort of*. You pull over. Check the vehicle out. All is well. You get back on the journey.

Then all of a sudden you start to experience more and more setbacks. It seems like everything is coming against you (and your goal) and you almost feel like making a complete U-turn but something in you- YES, YOUR **WHY**- won't let you quit. You keep going because you **KNOW** you're almost there. But, the distractions intensify, which threaten to derail you like a deer in headlights. Yet, against ALL ODDS, you keep driving, and finally, yes my friend, FI-NA-LLY... you arrive at your destination! You've officially accomplished your goal!!

"They that sow in tears shall reap in joy" (Psalm 126:5)



06

One last thing...



There's so much more to explore! Connect with us on social media @fiiscalesolutions, tune into our podcast, and check out our blog. But whatever you do, make sure to connect with us before you go!

www.fiirehaus.com





Many Thanks!!

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