



Internal Mastery



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1. Sticking to a strict budget every month, even when tempted to overspend.
2. Avoiding sugar in all situations. Resisting the urge to eat sugar when it's in your pantry or office.
3. Working out 5 days / week.

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1. Signing a 1-year lease with cheaper rent so your budget is automatically in check.
2. Removing all sugar from your house and office, altogether.
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- ✓ Example: If you want to eat healthier, build the habit of **mindful eating** (discipline) but also **remove junk food from your house** (environmental optimization).
- ✓ Example: If you want to get in shape, develop a **daily exercise habit** (discipline) but also **join a gym that's close and convenient** (environmental optimization).