

# TogetheriCan

17  
October

## DEVELOPING DILIGENCE

### Developing Diligence, Vigilance and Discernment

#### Together (with Vigilance, Diligence and Discernment) i Can

Using **diligence** and **discernment**, a person can overcome *procrastination, lack of willpower* and *automatic habitual choices*.

Everyone must be **Vigilant** and recognize the automatics and make conscious decisions to reverse them. We must **learn to respond** to situations instead of *REACTING* to triggers out of Habit.

Due **diligence** – *paying attention* – **Vigilance** - knowing that a **Simple Discipline** means – making Good Choices

OR

Slothfulness - *Inattention* – and allowing ourselves to make **Slight Errors in Judgement**

Everyone should take Responsibility for each Choice they choose to make or don't make.

**Discernment** – *evaluating a Situation* – determining / discerning what might be a **Simple Discipline** or a **Slight Error in Judgement** in each and every situation we involve ourselves in.

We have the ability to make each and every choice, but sometimes refuse to make a decision and allow the choices to be made for us.

Every once in a while the choice we choose may have nothing to do with facts, but only about the attitude we have concerning a given situation.

#### dis•cern•ment (noun)

1. the *faculty of discerning; discrimination; acuteness of judgment and understanding.*

Free health coaching  
Together (with a health coach) I can

Call 619-722-0264

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Free Health Coaching – provided by the "Together i Can Group"  
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