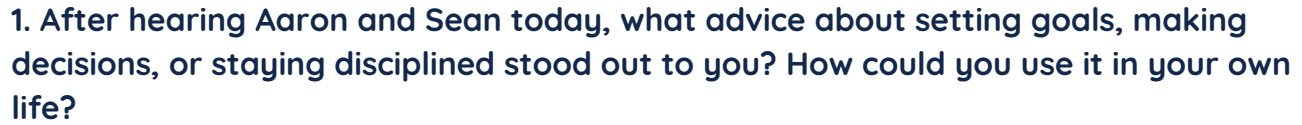


# February 9, 2026



3. Have you ever shared a goal with a friend or family member to help you achieve it? How did that support help you stay on track?

4. Think about a big decision you've had to make recently. How could the strategies shared in the webinar help you make better choices under pressure in the future?

# Leadership in the Clubhouse

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5. Think of a time you accomplished something difficult. How did self-discipline help you?

What distractions made it harder, and how did you handle them?

6. How do you stay motivated to stick with something even when it feels boring, hard, or less fun than other options?

7. Aaron has daily routines and habits that help him perform at his best. What habits or routines could you develop to improve your own self-discipline or help you reach your goals?