THE MUNROE INSTITUTE OF LEADERSHIP

MASTER YOUR DISCIPLINE

Build Focus & Consistency That Sustains Purpose

COURSE FORMAT
Online | Self-Paced

COURSE DURATION
OPEN

COURSE SYLLABUS

www.TheMIL.org

The Munroe Institute of Leadership (MIL) envisions a world where empowered leaders drive transformative growth and influence their communities through visionary leadership and innovative personal development programs.

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TABLE OF CONTENTS

Course Overview + Time Commitment + Who Should Enroll 3

What You Will Learn + What You Will Earn + Course Schedule 4

FAQs + Contact Information 5

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COURSE OVERVIEW

Master Your Discipline is a self-paced mini-course designed to help you cultivate consistency, intentionality, and alignment between what you believe and how you live. This course builds upon the foundation of purpose and potential, guiding you to transform discipline from an external effort into a natural expression of identity.

You'll learn how discipline operates as the bridge between inspiration and transformation, turning intentions into results and habits into mastery. Each module explores how focus, resilience, and identity shape the disciplined life, offering practical frameworks to align your daily decisions with divine purpose.

TIME COMMITMENT

This course is designed for flexibility and personal pacing. Our recommendation is that learners dedicate 3–4 hours per week, inclusive of Coursework: Interactive self-paced lessons, readings, and guided reflections.

WHO SHOULD ENROLL

This mini-course is ideal for individuals who are ready to move from inspiration to disciplined implementation. It's for those who desire to, sustain growth, and strengthen their ability to follow through on purpose.

This course is ideal for:

- Persons seeking greater self-mastery.
- Professionals who desire to translate purpose into action.
- Anyone who desires structure, clarity, and accountability in their personal growth journey.

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WHAT YOU WILL LEARN

- Redefine discipline as an act of freedom and self-alignment rather than restriction.
- Understand how intention guides consistency and produces measurable growth.
- Strengthen focus, resilience, and identity to maintain discipline under pressure.
- Build habits of excellence rooted in faith, purpose, and character.
- Integrate principles and psychological tools to create lasting change.
- Align daily actions, decisions, and mindset with your divine assignment.
- Transform discipline into a reflection of who you are, not just what you do.

WHAT YOU WILL EARN

- A personalized Discipline Growth Plan to support your continued transformation.
- Practical frameworks and templates for habit-building and self-assessment.
- Increased focus, emotional regulation, and confidence in your decision-making.
- Tools to align spiritual growth with practical execution.
- A Certificate of Completion

COURSE SCHEDULE

MODULE 1: Understanding Discipline and Intention introduces discipline as the highest form of self-love and intention as the deliberate aim of the mind and heart toward purpose.

MODULE 2: Cultivating the Power of Discipline & Intention examines how disciplined living and divine intention work together to manifest vision and purpose.

MODULE 3: Harnessing The Power of Discipline & Intention reveals that when discipline is guided by purpose and strengthened through intention, it becomes a source of peace, power, and unwavering focus that fuels lasting transformation.

MODULE 4: Taking Action, Learning in Practice translates discipline and intention into tangible habits that shape excellence.

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FREQUENTLY ASKED QUESTIONS

WHAT TECHNOLOGY DO I NEED FOR THIS COURSE?
A computer, tablet, or smartphone to access lessons and downloadable resources.
Reliable internet connection (wired or wireless; 4G/5G recommended).

WHO IS THE IDEAL CANDIDATE FOR THIS COURSE?
Anyone seeking personal mastery, greater consistency, and intentional living. Recommended for learners who are interested in taking or have completed Discover Purpose, Unlock Your Potential or Crafting Your Personal Vision.

DO I NEED PRIOR KNOWLEDGE OR EXPERIENCE?
No. This course welcomes participants at all stages of their growth journey.

WHERE DOES THE COURSE TAKE PLACE?
All content is delivered through **Genially**, accessible anytime, anywhere.

IS THIS COURSE SELF-PACED?
Yes. The mini-course is fully self-paced. Learners may progress at their own pace.

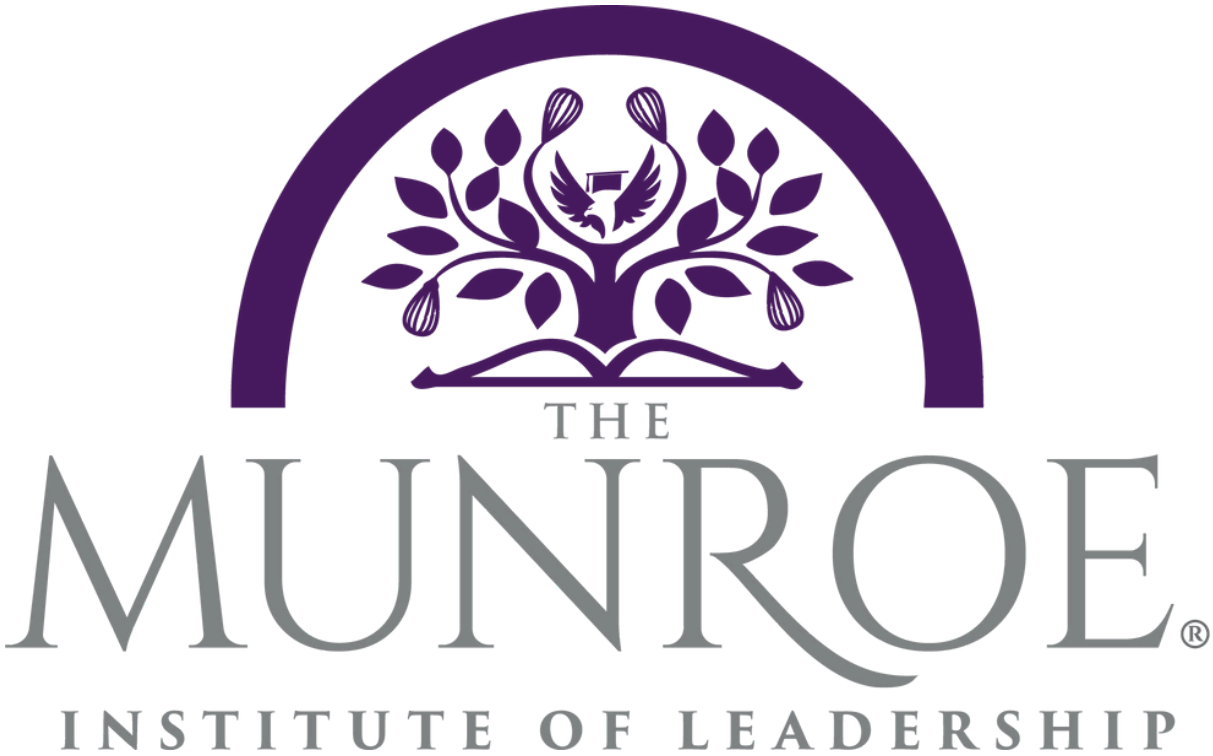
HOW IS MY PROGRESS ASSESSED?
Through reflection assignments, self-assessment exercises, and completion of your personalized Discipline Growth Plan.

HOW CAN I GET SUPPORT IF I HAVE QUESTIONS?
Email our team at **admin@themil.org** for technical or course-related support.

CONTACT US

Any questions? We're here to help. Please reach out to us at **admin@themil.org.**

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