



# SPARK CHANGE VIRTUAL ASSISTANCE

## **Transcription**


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**Video Link:**

**<https://www.facebook.com/311382845871010/videos/332649621701536>**

Coach Grace: A disciplined life is a life of freedom. Hi there, my name is Grace Locsin. I am the CEO and owner of FVA Corporation. The Filipino Virtual Assistance is serving a lot of people when it comes to online courses for remote working, online services for freelancing, and also online freelancing solutions.

Just like what I mentioned earlier, when it comes to discipline, we're always thinking of being rigid, being strict, and we hate the word. We somehow go away when we're talking about discipline because actually, when we really dig deep into it, when we're talking about discipline, and we're living it out, it's actually a life of control. A life without discipline is going to be a life lived according to your moods, according to your cravings, according to your emotions, and you don't have control over it. You basically live a life under these different emotions. So, you are not in control, and it is not a life of freedom.



A life of discipline, however, is a life of freedom. Because you get to choose how you live your life and what are the outputs and the results of your life a few years from now or even months from now. So, it is a life that you get to control. You get to maneuver. You get to really say what the direction will be and somehow manipulate what the control will be. So, you're the one in charge. So, it is a life that you get to control, and it is a life of freedom.

Freedom is actually not being able to just do whatever you want because you are controlled by the motions, and the craving, and different factors manipulating you in order for you to do it because you are not in control. Freedom, for me, however, is being able to choose the way you live and being able to reap the beauty of the outputs because you were able to say something on how your life will be.

I hope that is going to empower you today and throughout the week, especially if you're going to make choices that will result into the life that you like to live moving forward. Thank you so much for watching. I will see you again on the next video.

