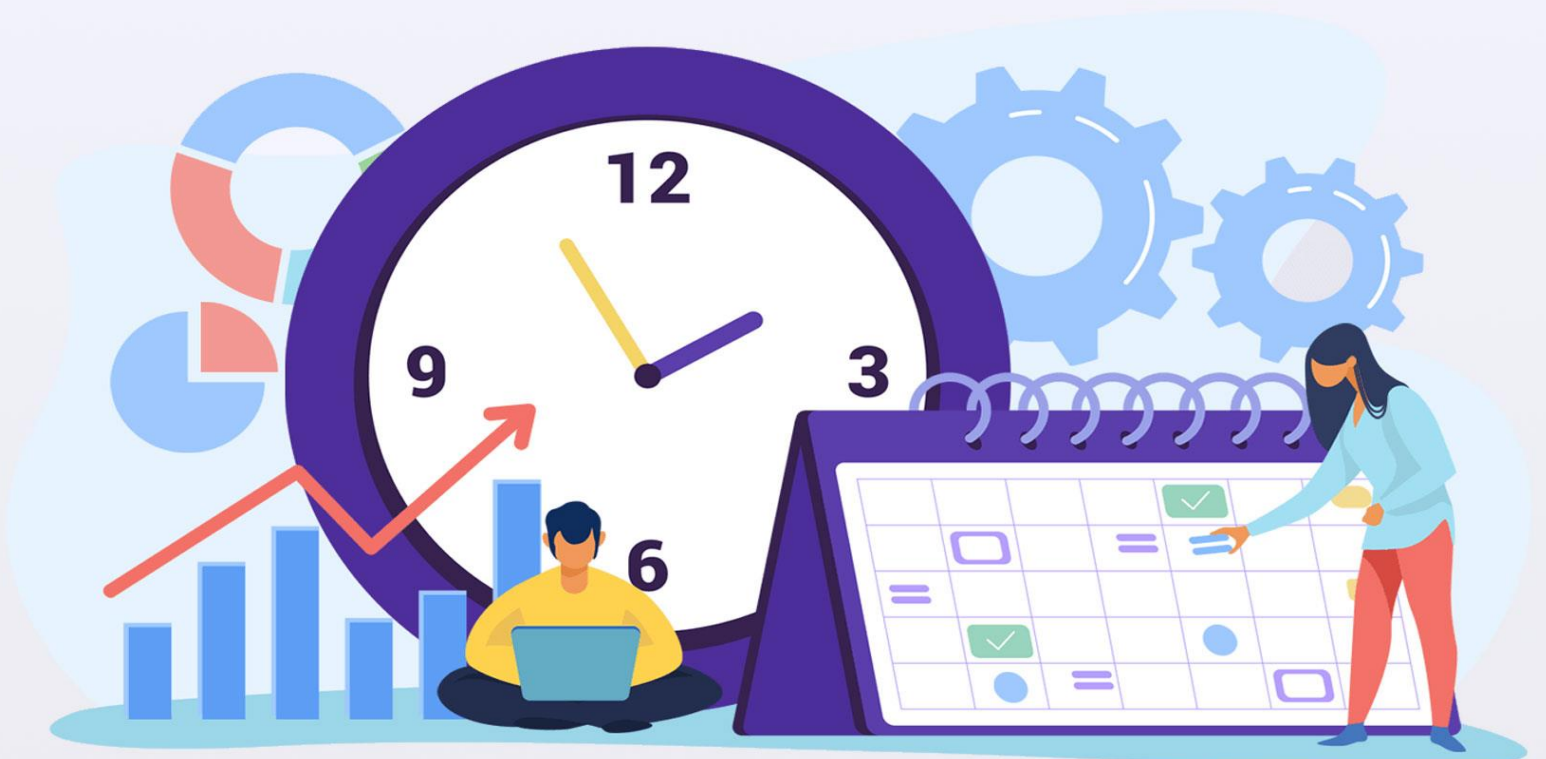


**DISCIPLINE FROM DREAM TO REALITY**

# **HOW TO MASTER OR CULTIVATE SELF-DISCIPLINE**



## HOW TO MASTER OR CULTIVATE SELF-DISCIPLINE

Anyone can master self-discipline because being disciplined is a choice. It is a choice that will assist you in reaching your goals and living the life you want. Once you choose to live an orderly life that's centered on regulating your behaviors you are already one step ahead of everyone else. That is because disciplined people never allow emotions to detect whether or not they will be working or studying. They schedule tasks and get to work. They set goals and begin working on them without relying on feelings or what's happening around them.

### **Top 5 Ways Of Cultivating Self-Discipline.**

#### **1. Know what distracts you and get rid of it.**

Distractions are the enemy of progress. How many times have you thought "I will get this done by the end of the day" only to realize you are nowhere closer to completion when the day is done? Getting rid of interruptions when working or studying is easy. You first need to know your weaknesses. What distracts you? What often gets in the way of getting things done?

Once you answer those questions and have a list of things that hinder your progress you can easily eliminate them. For instance, if calls distract you from work, switch off your phone until you are done.

## **2. Prioritize your physical health.**

Achieving a healthy state of mind depends on how well you take care of your physical health. This is because concentrating or producing exceptional work is impossible when you are constantly ill or when you don't watch what you eat. Eating right and staying in shape is the best way of increasing your concentration levels and that is why you have to watch what you eat. Staying disciplined is easier when both your mental and physical wellbeing is a priority.

## **3. Don't rely on internal or external factors to inspire you to work.**

"I am too depressed to work" or "I am too upset to focus on this" are phrases you need to begin cutting off from your life if you are to master a disciplined life. That's because feelings are never a reliable source. You cannot depend on your emotions when it comes to taking the necessary steps toward achieving your goals or finishing tasks. Master self-control by ignoring your feelings and getting to work even when you don't feel like it.

## **4. Create new habits.**

The best thing about bad habits is that they can be replaced. If you are tired of living an undisciplined life you can start replacing bad habits with acceptable ones. If you are tired of constantly putting off important work for later, figure out what causes you to procrastinate and slowly begin replacing it with a better habit. One that will cause you to automatically begin working or studying and turn it into a routine.

## **5. Reward yourself.**

Rewards are a great way of motivating yourself to keep working and they are great in helping you appreciate your work and be proud of what you are yet to accomplish. Rewarding yourself for a job well done is one way of training your mind to remain disciplined to work. Instead of thinking “This is too much work for me” you focus more on “I have such and such a reward to look forward to after I’m done with this.” Discipline is much easier when you have something great that you are looking forward to.

I hope you realize that cultivating discipline and living a disciplined life is possible. There is so much you can achieve by learning to master self-control. That includes living your life with purpose, making smart decisions, completing your daily tasks, and overcoming procrastination.