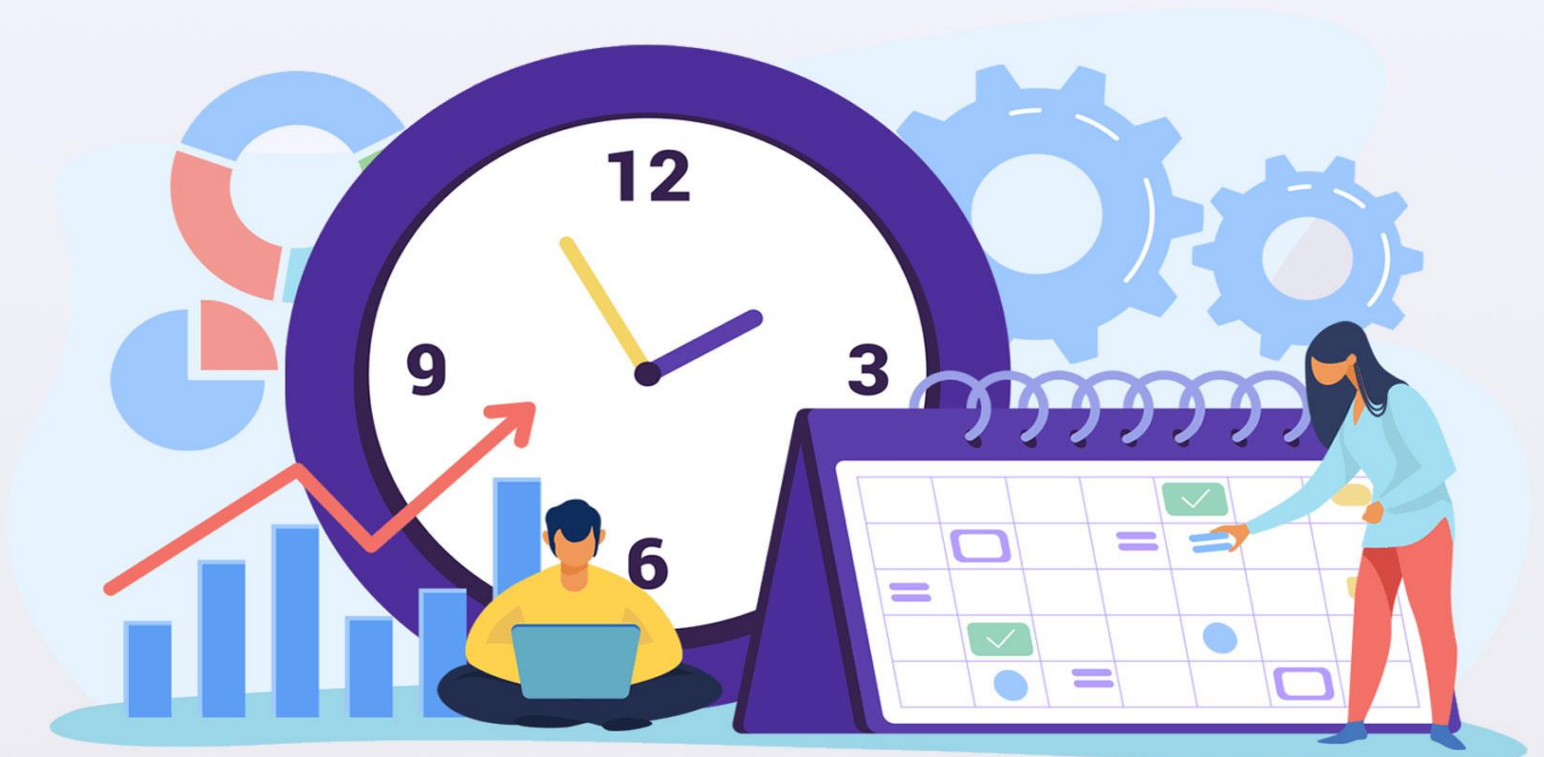


**DISCIPLINE FROM DREAM TO REALITY**

# **10 THINGS YOU NEED TO KNOW ABOUT SELF-DISCIPLINE**



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Self-discipline is important for your growth, development, and success. It can help you progress faster and help bring your vision to life. Knowing the importance of practicing self-discipline in your work, study, or relationships will help you beat the sloth, keep moving forward, and maintain healthy relationships.

There are certain myths about self-discipline that you need to stop believing. For instance, a life of restraint is a form of punishment. Some people don't practice self-control because they assume that it is a way of punishing yourself or being your taskmaster. However, that is not the case. Practicing self-discipline can be difficult but that doesn't mean it is a way of bringing you to book or a way of depriving you of your happiness.

Understanding this will help you see self-discipline differently and cause you to appreciate your ability to master it. A few more myths you need to avoid include believing that only a few select people can achieve self-discipline or thinking self-control can only be exercised when you are doing what you love.

That is not how discipline works. The truth is, anyone can achieve self-control and it can be applied anywhere, whether or not you are doing what you love. There are millions of people who don't particularly enjoy what they do but have managed to reach greater heights in their fields because of applying self-control in their lives and work.

## **Top 10 Things You Need To Know About Self-Discipline.**

### **1. Mastering self-control takes time.**

Several people give up on practicing self-discipline because they fall back into their old habits sooner than they had hoped. That can be discouraging but instead of accepting that self-discipline isn't meant for you and quitting, begin recognizing that everything worthwhile takes time. That also includes mastering discipline. "Discipline takes time. It's something I have to work hard at." Keep that phrase in mind the next time you feel like quitting on yourself.

### **2. Anyone can achieve self-restraint despite what they are doing.**

You can practice self-restraint when working or studying whether or not you are doing what you love because disciplining yourself is a choice. When you decide to have control over how you act, react, respond, or what you do, self-restraint comes easy. Substitute "I am not disciplined enough to deliver according to expectations" with "I may not enjoy what I do but I have what it takes to produce quality work."

### **3. Self-discipline can beat procrastination.**

Isn't it refreshing to realize and acknowledge the power of self-discipline over procrastination? If you have been struggling to win the fight against procrastination, take advantage of the benefits that come with having control over your work.

### **4. It keeps you committed.**

"I can't continue with this." "I have failed too many times to continue trying." These are all words that hinder your progress and force you to go off course. You forget why you chose to do ABC in the first place and dwell more on the many reasons why you shouldn't be doing what you are doing in the first place. Self-discipline can keep you committed to whatever you have chosen to do and reward you with a desirable outcome.

### **5. It keeps you focused on your goals.**

Are distractions getting in the way of getting things done? You don't have to worry about that anymore because remaining focused becomes easier with discipline because the most effective way of minimizing distractions and getting rid of them all together is by having self-discipline.

## **6. Self-discipline can help you make smarter decisions.**

Successful people know the significance of self-restraint in making smart decisions that is why they have chosen to let it govern the way they work and behave. Making smart decisions becomes second nature when you have discipline because it enables you to think with your head and not your emotions. This doesn't mean disciplined people aren't emotional. They do experience emotions but they never allow their feelings to influence their decisions. Big or small.

## **7. It can aid you in reaching your goals.**

Discipline plays a big role in helping you reach your goals. It enables you to set smart goals, have a solid plan, commit to putting in the hours, get rid of temptations, and remain focused. Five of the most important things you need to reach your goals and fulfill your dreams.

## **8. It blocks self-doubt.**

"I'm too old" "I'm too young" "I don't have what it takes" are energy-draining phrases that lead to self-doubt. One trait you have to avoid if you are to succeed in life. Controlling your thoughts is a form of self-discipline which can block out negative self-talk.

## **9. It helps you execute your ideas more effectively.**

We all have brilliant ideas. What separates high-achievers from underachievers is the ability to execute ideas. Poor self-control makes it hard for you to bring your ideas to life. Cultivating self-discipline on the other hand reveals the many possibilities of rousing your ideas to action.

## **10. It enables you to meet deadlines.**

Meeting deadlines becomes easier and more practical when you have self-control because it guarantees you get to work without thinking about how you feel and without reacting to your external environment.