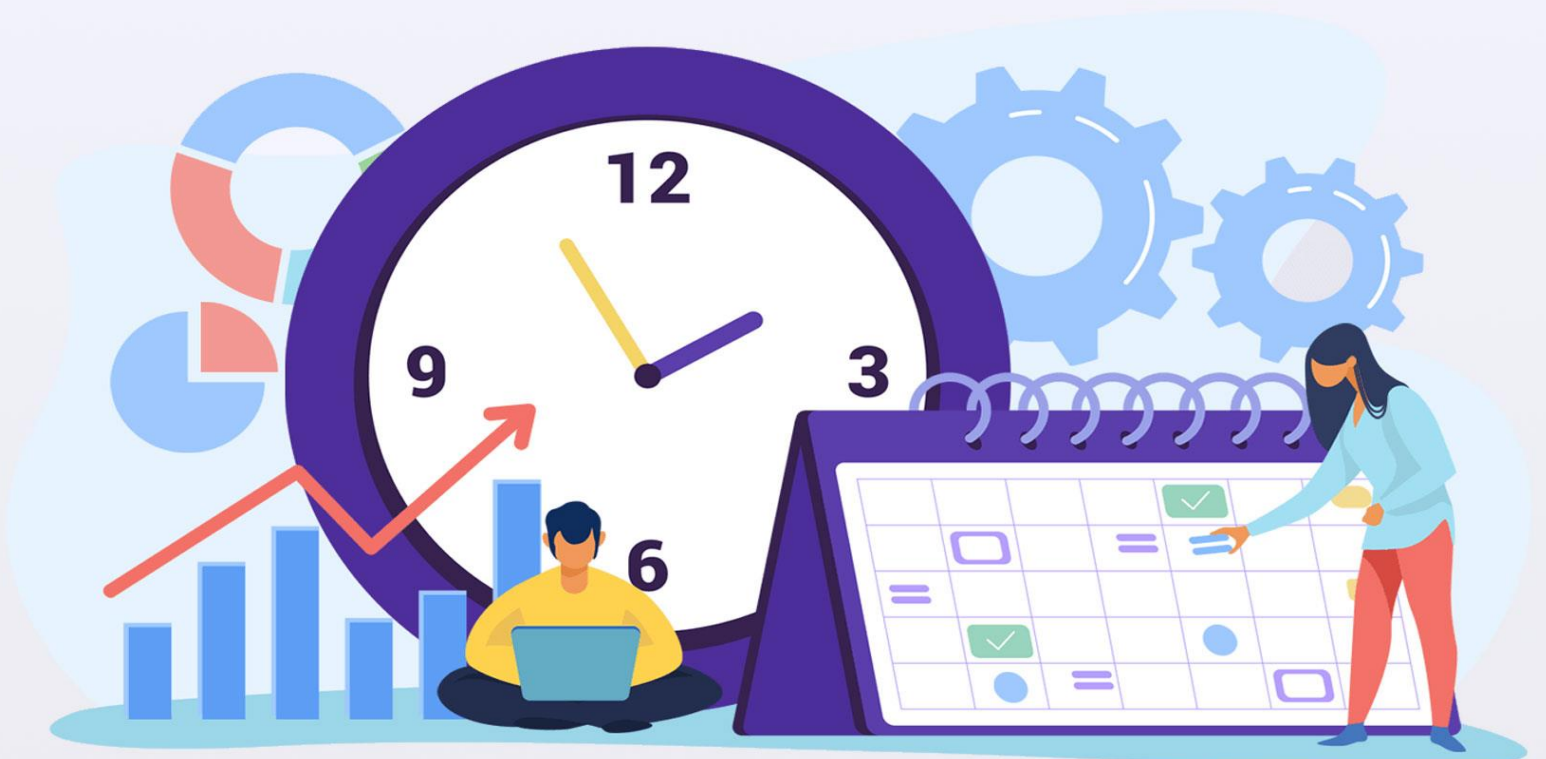


**DISCIPLINE FROM DREAM TO REALITY**

# **FAILING TO DISCIPLINE YOURSELF HAS AN IMPACT ON YOUR GOALS**



## **FAILING TO DISCIPLINE YOURSELF HAS AN IMPACT ON YOUR GOALS**

Discipline means doing what you need to do despite how you feel. It means refusing to be controlled or driven by your emotions. When you have a task to complete, you complete it on time without allowing anything to come in the way. When you have an idea that needs execution, you act on it without coming up with excuses as to why it wouldn't work.

There is a reason why former top athletes are now back where they were before the fame and success. I am sure you have heard of former athletes who lost everything during their years of retirement because of making bad decisions and living an undisciplined lifestyle. Paul John Gascoigne is a former professional football player who earned over 50 caps during his career. He was considered one of the best players of his time until a couple of years into his retirement.

He struggled with drug addiction as well as alcohol addiction which led to depression and serious financial problems.

Lacking self-control leads to bad decisions that will harm your goals. You may reach your goals and begin living the life you have always wanted but sooner or later, you will lose everything you have worked hard for because of failing to master self-control. Understand the significance of self-discipline in your day-to-day life and when making daily decisions to succeed and stay at the top.

## **Poor Self-Discipline Stops You From Reaching Your Goals.**

Poor self-control hurts the way you work and study. It can cause you to miss out on great opportunities that would have changed your life for the better. It can cause you to fail where you would have easily succeeded and compel you to live a life that is less than the one you are capable of living.

The only way of living the life you are capable of living is by mastering self-discipline and training yourself to do what needs to be done without relying on motivation or waiting for inspiration to strike.

## **Top 5 Characteristics Of An Undisciplined Life.**

### **1. Quitting when things get harder.**

Reaching your goals and fulfilling your dreams does not happen overnight. It takes time and you will be met by disappointment, rejection, frustration, and failures along the way. It takes discipline to know and appreciate that. Failing to discipline yourself will turn you into a quitter and force you to give up whenever you face discouragement or shortcomings.

## **2. Failing to manage your finances.**

Overspending, impulse buying or generally failing to properly manage your finances can lead to bankruptcy, depression, and anxiety. People who lack self-control always assume they have enough money to spare. They don't think about saving or investing. When they finally decide to invest, they do it thoughtlessly without conducting enough research or seeking financial advice from the right people.

## **3. Not prioritizing the training of your mind.**

The only way of disciplining yourself is by prioritizing your mental wellbeing and watching what you feed your mind. Feeding your mind with whatever books, literature, or words you get your hands on is a sign of an undisciplined lifestyle. You have to be selective about what goes into your brain. Meaning, be picky when it comes to the kind of books you read, watch the words you say about yourself, and filter the words you hear.

## **4. Lacking focus.**

A practical example of an undisciplined life is when you find yourself jumping from one goal to another without completing or accomplishing anything. Failing to pay attention to things that demand your attention is an indication that you need to begin cultivating self-discipline.

## 5. Failing to plan.

“Failing to plan is planning to fail.” -**Benjamin Franklin**

Having goals isn't enough. You have to come up with an effective and well-researched plan that will enable you to move strategically and systematically. Another characteristic of an undisciplined life is trusting your vision will come to life by simply having goals and ignoring to map out steps that will get you where you desire to be.