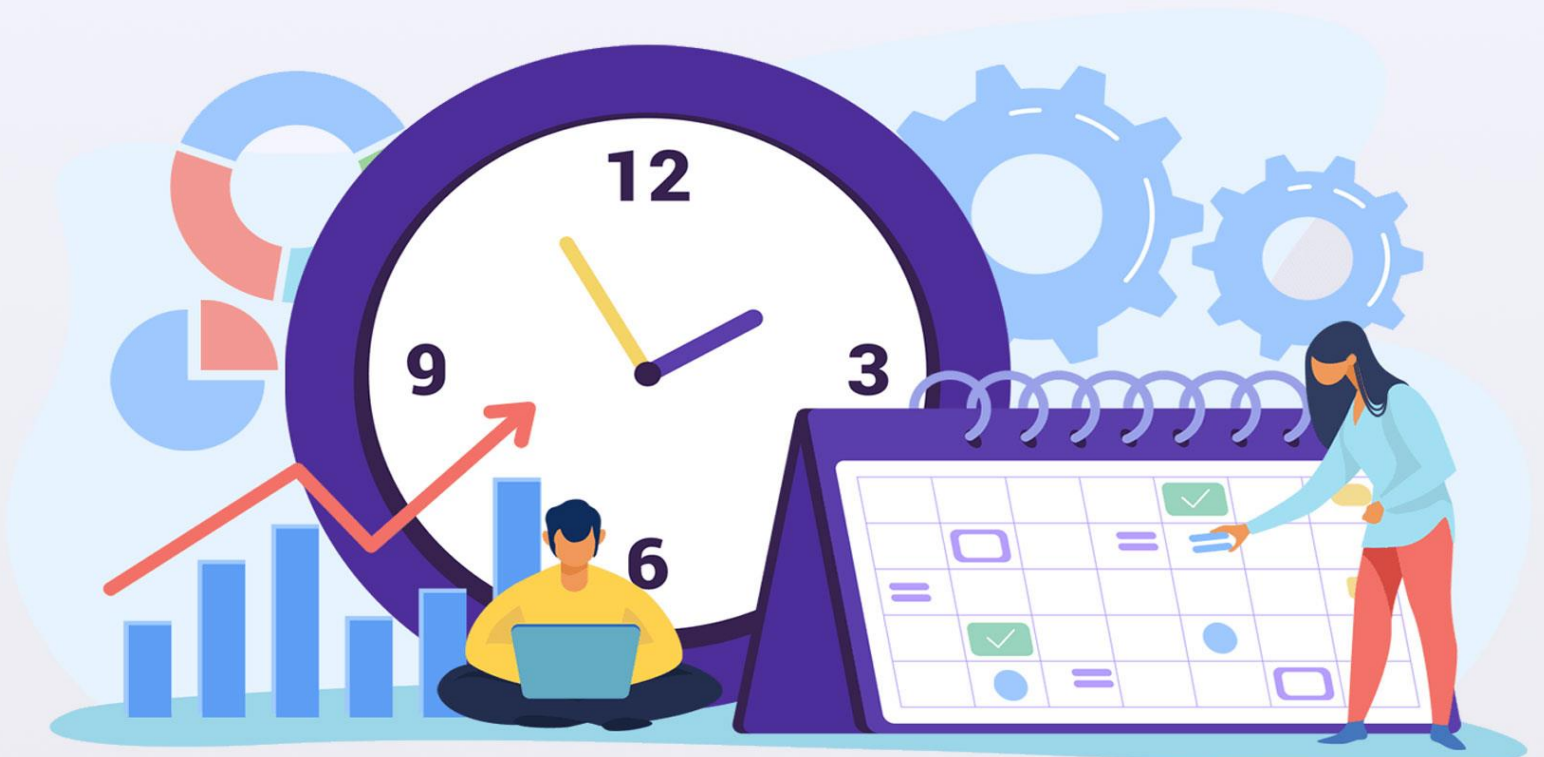


**DISCIPLINE FROM DREAM TO REALITY**

# **YOUR SUCCESS DEPENDS ON YOUR DISCIPLINE**



## **YOUR SUCCESS DEPENDS ON YOUR DISCIPLINE**

One of the many quotes that I live on religiously is one by Dr. Maxwell Maltz who simply said, “It takes 21 days to form a habit.” Take a few seconds and think of any success story you’ve heard of or experienced. Any successful people you know of or can relate to, or just think of any dreams or goals you have achieved so far. It may be financial profitability, achieving wealth, respect, fame, or happiness. However you may choose to define being successful, just think of that and let this quote marinate for a few seconds. “21 days to form a habit.”

When I think of success stories I can’t help it but think of Usain Bolt, ‘the fastest man alive’, who I can define as an epitome of success in athletics. I certainly do not think that Usain Bolt ran 100m in 9.58 seconds on his first trial on the tracks. It had to be more than 21 days of consistency, hard work, and perseverance. If it was as easy, I believe we wouldn’t be calling him ‘the fastest man alive’, rather we would be calling him one of the fastest man alive or more loosely, simply called one of the runners. I was never a successful athlete as he is, but I can relate to that feeling of fire in my chest, all my limbs sore and lifeless, and with shortness of breath right after finishing that 100m track. In retrospect at that moment I knew that I never wanted to do that again, to put my poor sore body in such trauma, but there was also a feeling of accomplishment and achievement that also came with taking that last lean forward on the finish line. Anybody who has run track can testify to this sentiment. That sentiment which puts you back on the track to run faster and train harder over and over again.

## DISCIPLINE FROM DREAM TO REALITY

Thinking of financial success, Madam C.J Walker comes to my mind, an African American self-made businesswoman who lived one of the greatest success stories in American history. I recently found interest in learning more about her biography, her childhood, her first job washing clothes, and her achievements up to becoming the first female African American millionaire. I fell in love with the woman she was, her drive and passion to grow her business, from her working from her living room to owning a factory then to becoming an international supplier of her hair products all around the world. She was focused, determined, unwavering by any distractions or downfalls as she pulled and pushed herself forward in a men's world where a woman's place was in the kitchen or chatting away somewhere in the house at high tea. She faced jealousy, financial losses, criticism, and she lost her life's partner but all that didn't stop her from achieving all the goals she had set for herself. Of course, she had her first 21 days of learning her formulas, perfecting her product, reaching out to customers, and advertising her products, but once it became a habit it became part of her journey and she was unstoppable.

# DISCIPLINE FROM DREAM TO REALITY

I also think of my personal success story when I was learning French as a second language. I had to first set my mind on the goal which was to learn and understand the language, and thereafter I sat down and took hours of my day to actually learn the language lesson after lesson. Each lesson came with its own new grammar and phrases and accents which I was picking bit by bit, day after day. No matter how funny I was sounding, acting like a un abnormally old toddler learning how to speak, I had a goal set and I was not letting my accent or short memory distract me. Pushing through that learning phase and being able to stand at the end of that phase and speak the language and also being able to understand my peers was my success.

Did you notice anything similar to these three stories? Any success story that came to my mind revealed to me a certain pattern; controlled behavior, self-control, hard work, and above all self-discipline. Jim Rohn said, "Discipline is the bridge between goals and accomplishments." It is so easy to set the goals but very difficult to build the discipline that will see us through to accomplishing those goals.

It is very easy to highlight relationship goals, the dream car, the dream house, and dream family on the vision board; but extremely hard to stay structured, focused, and self-controlled in order to attain those dreams. Yes, it is hard but it is not entirely impossible, which brings us back to Dr. Maltz's words, "21 days to make a habit." 21 days of self-discipline. Learning to push yourself beyond your limits, setting your agendas, and sticking to them. Waking up on that first buzz of your alarm clock. Sticking to that budget.

# DISCIPLINE FROM DREAM TO REALITY

Containing your emotions whilst respecting yourself as well as others and encouraging and motivating yourself as well as others. Your success story is within your control if you take the initiative to self-discipline.