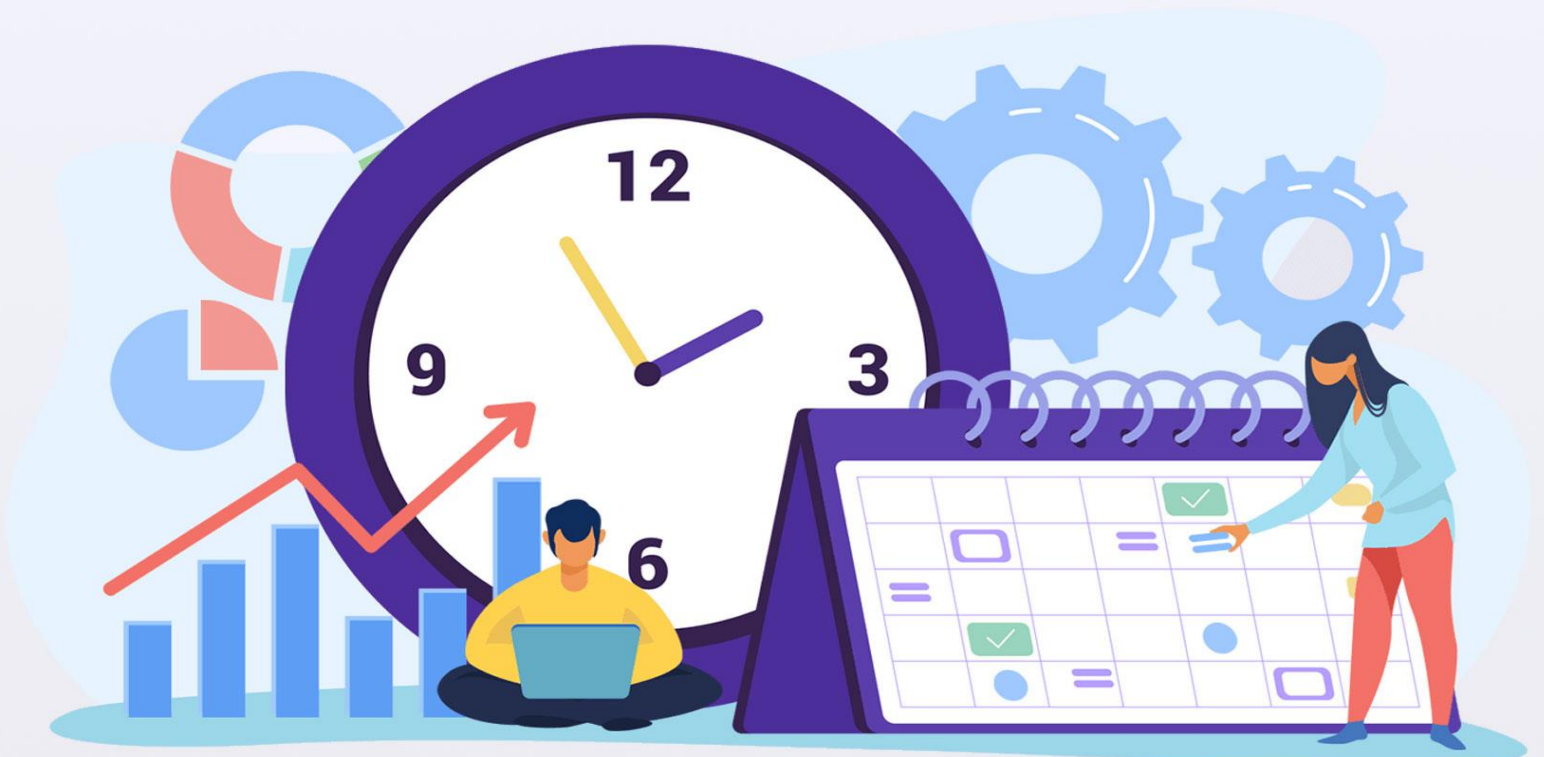


DISCIPLINE FROM DREAM TO REALITY

5 WAYS SELF-DISCIPLINE CAN HELP YOU GET AHEAD



FIVE WAYS SELF-DISCIPLINE CAN HELP YOU GET AHEAD

A friend of mine once listened to me go on and on about how expensive things were and how my salary made no sense only to calmly tell me afterward that she knew what my problem was. “You have no discipline when it comes to money,” she said. I couldn’t believe the nerve! Naturally, I was quite offended but it was months later when I made a turnaround to my way of thinking that I realized how true her words were. In addition, I realized that she was a rare breed that could risk it all to tell me something I didn’t want to hear all in the hope of awakening something in me that would cause me to rethink the direction my life was taking. From denying that I lacked the self-discipline to slowly accepting and then taking steps towards developing the much-needed virtue, this is what I now have to say concerning its benefits:

1. Self-discipline causes you to make progress.

That’s it if you want to get ahead and move from the rut you are stuck in then a firm hand upon yourself will go a long way in making sure that happens. Demanding of yourself nothing short of excellence and putting up a system of rewards and denial of benefits will certainly cause you to move forward in your life.

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How exactly does this happen though? First, when you are well-schooled in managing your time you will find that you can make more value out of it. We all have the same twenty-four hours each day but some can do so much more with theirs that one would think they have more but they don't; they have only learned to master this special commodity called time. It takes a particular level of self-regulation to achieve this. It is natural to want to spend time anyhow doing what seems most interesting at the moment but it takes a determination to get the best out of time for one to choose to do purposeful activities instead.

The same applies to money and how you spend it, also if your emotions are under control instead of them controlling you then it is easier and quicker to make sound decisions. Time is therefore saved and good progress made.

2. Freedom from anxiety.

I once came across a post on a student's Facebook wall that read, "I can't wait for exams to end so that I can do all the things I am already doing but without the guilt" I laughed as I realized the truth embedded in this joke. Many students suffer anxiety because they fail to be resolute about cutting off distractions during study time. They are tempted to do fun things like watching television and aimlessly browsing the internet when they should be working to prepare for exams but find that they are miserable through it all. The key out of this prison is to teach oneself to do everything at its appropriate time. Leisure time is important as well but you would enjoy it better if you predetermined to do it and actually created time for it. It only becomes a terrible experience characterized by uneasiness when it is done at the wrong time.

3. It places you in charge.

Feeling that you are in charge and not some unknown force causing you to do things in a manner you don't like is another convenience that comes with developing self-discipline. Your confidence is boosted and you discover just how excellent you can be in every area of your life. Give yourself this satisfaction by practicing winning strategies every day. The more you win the more confident you become thereby positioning yourself for even more wins.

4. You gain the trust of peers and other people.

Everyone trusts a person who keeps his or her word. If you desire to become a leader of any kind, you must learn to discipline yourself before you can dream of doing it to other people. Naturally, people follow those who display high levels of order in their own lives. Do this and watch yourself become a person to be envied and imitated by peers and subordinates.

5. It teaches you to be more understanding of other people

The struggle to self-mastery is a real one and it takes winning over it to develop a tender heart towards other people. As an employer, a parent, or another kind of leader you tend to loosen up on placing expectations that are too high on other people if you have known how difficult it is to fight against the desires of the mind and flesh. If you won't do it for yourself, see the bigger picture and do it for the sake of your loved ones.

These and many other points are enough to inspire you to relentlessly take the journey to self-discipline. It is full of ups and downs and therefore requires all the courage you can gather to continue even when it seems as if you are taking a step forward and two backward.