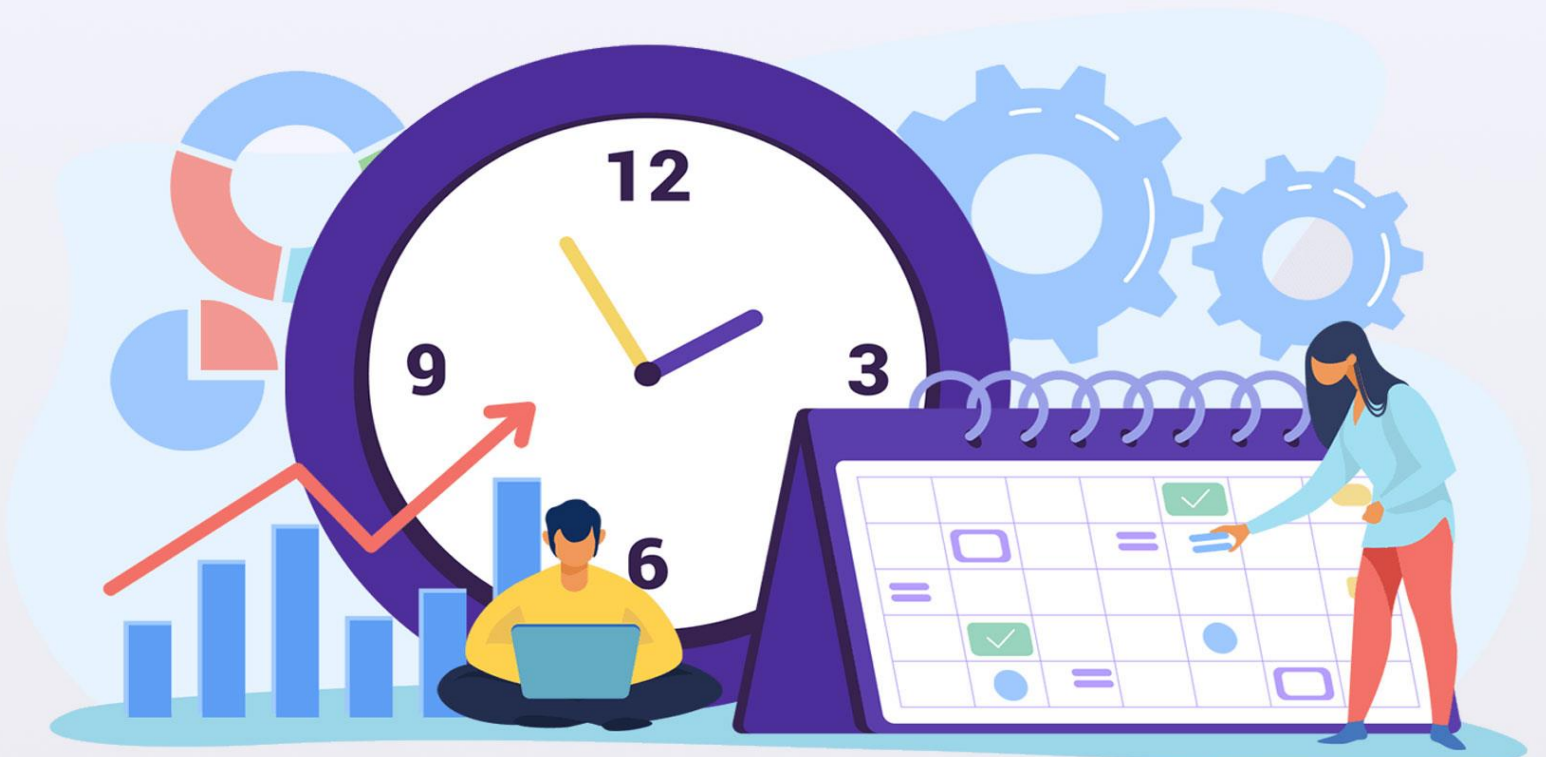


**DISCIPLINE FROM DREAM TO REALITY**

# **TOP 6 WAYS TO MANAGE YOUR DISCIPLINE**



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If a man's worst enemy is himself, imagine how much more a man could accomplish when he has learned the principles of winning command over himself. Imagine the furthest one could go after defeating the greatest obstacle to one's self. Having absolute control over your mind, body, and soul. Being disciplined and regulated over yourself. The one thing we as human beings are capable of having control over is who we are and how we live our lives.

Self-discipline is not an inborn characteristic or personality, it is a learned skill that anyone can master and improve their quality of life. It takes time and practice to have total command over one's self but it can be done. Here are 6 ways to manage and build your discipline:

### **1. Set the goal and stick to it.**

This is the easiest step to begin with, better yet the most crucial. Most people fail to achieve their goals because they set unrealistic expectations. Unless you have a large inheritance or you happen to win a lottery ticket, you cannot become a millionaire overnight. You have to set some goals and work hard to get it done. However, you should make sure that you set realistic goals and lift the bar each time you hit your goal. Setting unrealistic ambitions only leads to disappointment and feeling unfulfilled. When the goal is too big to attain, it is difficult to stay focused and in control. For a better outcome, build on setting goals within your sphere of control.

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Set the goal. Separate your short term from your long term goals. One of my mentors, my mum, taught me the significance of setting my goals in writing so that I can self-reflect and adjust my dreams progressively. Setting clear goals will give you direction and structuring.

## **2. Focus on the goal.**

In the beginning, it will certainly take every ounce of your will-power to stay focused on a goal. Discipline implies being able to weed out all distractions and overcome all barriers. Your discipline builds up gradually by training your will-power. How to train your will-power? Make a food diary. Correct your speech. Keep track of your spending to stay on budget. Give yourself a time frame to complete your goals and avoid procrastinating. It is a virtuous cycle. The more you train your will-power, the more disciplined you become and it will become less of a challenge but something that comes naturally.

## **3. Be consistent.**

Jim Rohn once said, "Motivation is what gets you started. Habit is what keeps you going." Whatever you may have set your mind on should become a part of you to yield a positive outcome. A habit that has developed into a positive personality trait is much easier to control. This reminds me of a friend of mine G.P, who has been saving some money to buy his dream car for over 6 years. Year after year, he has kept a big jar of coins labeled in bold 'Nissan GT-R', right next to his bed on his study desk. For 6 years I could not understand how those tiny coins were going to buy him a sports car. He still hasn't bought the car yet, but now I understand what gave him that drive. I had not yet seen such discipline and determination ever in my life. Now when I look at it, it's so inspiring. Such great discipline. I believe now he even subconsciously drops \$ 100 bills in that jar without even thinking about it because it has become part of him. Imagine if you could do that one thing you really want to do. Everyday. Consistently. Maybe for the rest of your life. Where would you be a month from now? In a year? In 5 years? How much would you achieve in that time alone?

## **4. Acknowledge your weakness.**

We cannot control what we do not know of. Indecision, self-doubt, impulsiveness, lack of confidence, or motivation are all by-products of our inner villain. Acknowledging these weaknesses in us empowers us to practice self-restraint. It gives us a higher degree of self-control. People who refuse to change are those who refuse to acknowledge and accept their weaknesses. One of my strengths but also a weakness is that I'm too independent. I consider it a weakness because it usually makes me want to do things my own way. I tell myself that it's because I stayed alone for too long and I got used to it. Sounds like a fair enough reason but that's no excuse for my behavior. By acknowledging this weakness in me, I learned that the world does not revolve around me. From time to time I acknowledge this weakness and that reminds me of who I want to be, which is a better version of myself.

## **5. Reflect on your achievements.**

Many at times we are caught up in this web of overachieving. We forget to stop, to reflect on what we have already achieved. If you cannot take a minute to appreciate the few milestones you have passed, you'll never be able to appreciate the progress you have made in your life. Your worst enemy could be yourself, but also your biggest cheerleader is yourself. Self-motivate. Self-encourage. Celebrate the person you have become. If you cannot appreciate yourself, respect yourself, congratulate yourself, what if nobody else does?

## **6. Position yourself in a fruitful environment.**

It is not only about what comes out of you but also what goes into you. Your environment nature who you are. Jim Rohn said, "Get around people who have something of value to share with you. Their impact will continue to have a significant effect on your life long after they have departed."