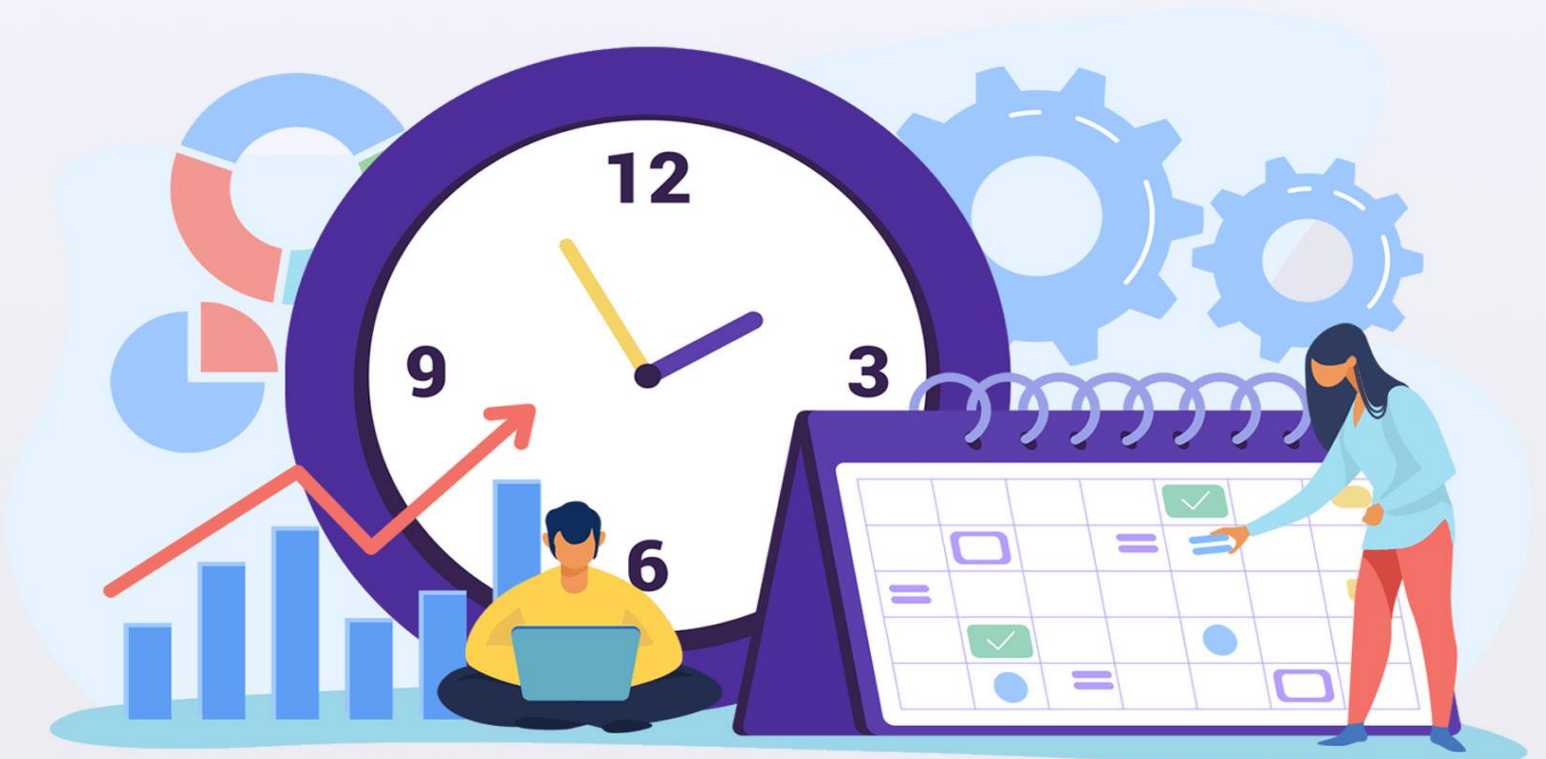


DISCIPLINE FROM DREAM TO REALITY

GET AHEAD BY CHANNELING THE POWER OF SELF DISCIPLINE



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Discipline can be understood as training which will help to produce a particular type of behavior. It involves training ourselves to follow a certain routine and to do the right thing at the right time to achieve certain goals. We learn to set, recognize, and live within boundaries that lead us to our desired destinations. Repeating this pattern of self-conduct in our daily lives creates good habits and one's character is developed. This includes both self-discipline and imposed discipline.

Needless to say, the most successful people around us are usually those who are disciplined. We are talking about people who know when it is time to play and when it is time to work. They know the right attitude to have to reach a goal, and they also know how to set their priorities right. It is natural for us humans to want comfort and leisure and given the opportunity to make dreams come true while we lie on the couch watching television, we would grab it with both hands. Fortunately or unfortunately, life requires us to get up and work. If we want to live a comfortable life or achieve any of our goals, we will need to work hard to establish and maintain the life we want.

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It is for all these reasons that discipline is regarded as one of the most important and useful skills we should possess if we desire a successful life. Being disciplined benefits us and it does not mean being harsh toward ourselves. It means knowing who we are and who we purpose to be, and knowing how to get what we in the best way possible. It teaches us to resist anything that is against our personal goal and gives us the power to stick to our decisions and follow them through. Below are some of the ways of channeling the power of discipline through which we can get ahead;

1. Knowing your purpose or who you want to be – knowing your purpose sets a clear path for you. You have a reason to get up and do something. It motivates you to work hard or do things in a particular way. Put simply, it gives us direction. You do not feel good when you fail to do something towards what you want to be and in a way pushes us to do better. You are also aware of how much you are losing with every second you waste.

2. Setting targets or goals and focus on them – without targets we wake up and do anything and everything that comes our way. Our efforts are not aimed at achieving anything other than being busy and living life which is a sure way of getting nowhere slowly. Having targets or goals that are aligned with our purpose makes our focus and efforts valid. Whatever it is that we get up to do, if we have goals and targets, we have a reason to fight for what we want even harder. The quality of our lives also improves.

3. Setting boundaries and principles – discipline helps us determine what is wrong or right for us and teaches us self-control. This includes who we spend time with, what we spend time on, and how much we can go as far as fulfilling our purpose is concerned. With boundaries, we know where to stop and the people around us know their limits. This also simplifies life for us. There are consequences for an undisciplined way of life. Boundaries and principles help us prevent ideas we might be tempted to implement which are likely to land us in trouble. This leads us to the next point, patience.

4. Being patient and working hard – to get ahead, we need to learn to be patient, trust the process, and do what we can to the best of our abilities. Trying to cut corners and seeking instant gratification can easily send us back to where we started or to an even worse state. Think of people who lost their good jobs and businesses or went to jail and sacrificed the greater gain due to craving instant gratification and pleasure. Being disciplined enables us to persevere with our decisions and plans until we achieve our goals and more. It allows us to stay focused and also to enjoy our wins, from the smallest to the greatest. There's no peace and joy greater than knowing you have achieved all you have and are through earnest hard work and without stepping on anyone's toes. Your conscience is clear, you have more to learn and share, and you are motivated to do even more.

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5. Valuing time – time is a precious gift for every mortal being and every disciplined person knows that every second lost may never be gained. Wasting time means that with each day that we are given, a part of what we can use to add value to our lives and the world is thrown away. When you value time, you know how to strike a balance between playtime and work time. The life of a disciplined person is marked by punctuality and investing enough time to pursuing a life of value. The more you start spending more time on valuable things, the more value becomes part of your daily living

6. Valuing and respecting other – discipline is generally linked with showing respect to others. When you respect people they will normally treat you with respect too. You become the kind of person that people can easily work with. Valuing them can also put you in a position that creates a special connection with them. You see their hidden strengths and learn valuable things other people wouldn't expect them to possess. These can even bring you more opportunities and self-growth.

7. Persevering – discipline allows you to stay focused. Knowing your purpose and goal keeps your eyes fixed on what you are working towards and keeps in mind the benefits of accomplishing what you set out to do. There is nothing else that can keep us going and motivate us to bounce back after a setback than the value we have attached to our being. That is, discipline does not leave room for giving up in our lives. Every time you are tempted to give up, remind yourself why you started and ask yourself if you will find satisfaction in staying where you are.