

Chapter 5

How highly successful people develop self-discipline



S1: In this video, we'll talk about how highly successful people develop self-discipline.

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Happiness is dependent on ***Self-discipline***



S3: According to Dennis Prager, “Happiness is dependent on self-discipline.” The biggest hurdle in achieving our goals is how easily we let ourselves be distracted by things that do not count as progress towards our achievements.

- Practicing self-discipline is not easy and demands real commitment
- In order to develop self-discipline, you must follow certain steps that will help you attain your goals

S4: However, practicing self-discipline is not easy and demands real commitment. In order to develop self-discipline, you must follow certain steps that will help you attain your goals. Here are the top habits of successful people that help that maintain self-discipline which ultimately helps them achieve their goals:

Vision

- Highly successful people know exactly where they want to be in life
- They know exactly where you want to go
- It is impossible to be successful without knowing where you want to be

S5: Vision

Highly successful people know exactly where they want to be in life. They know exactly where you want to go. It is impossible to be successful without knowing where you want to be.

- In order to be successful, create a vision board
- Curate pictures and quotes that motivate you to achieve what you want to and look at it before you start your day
- This will help you align your tasks with your goals

S6: In order to be successful, create a vision board. Curate pictures and quotes that motivate you to achieve what you want to and look at it before you start your day. This will help you align your tasks with your goals. In order to visualize, you must have a conscious purposefulness which helps you in clearing up your headspace.

Prioritize

- It is very important to prioritize everything so that you face less distraction during your day
- Getting important tasks done first relieves the pressure of an undone task and also gives you plenty of time to be productive for the rest of the day

S7: Prioritize

Another thing about self-disciplined people is that they finish their important tasks before they allow themselves any indulgences.

It is very important to prioritize everything so that you face less distraction during your day. Getting important tasks done first relieves the pressure of an undone task and also gives you plenty of time to be productive for the rest of the day.

For instance, if working on your next project will help you be successful in future then it is important you work on it before you let yourself spend time with friends, on your phone etc. As the saying goes, “Being lazy is the best reward for finishing tasks now.”

Say No To Distractions

- The strongest habit of highly successful people is their courage to say no to distractions
- Successful people are just as prone to get distracted by social media and hangouts as you but they square up and say no in order to work toward their goals

S8: Say no to distractions

The strongest habit of highly successful people is their courage to say no to distractions. Successful people are just as prone to get distracted by social media and hangouts as you but they square up and say no in order to work toward their goals. This does not mean you can never indulge with social media presence or go out with friends but prioritizing your work is important.

- Many people lack the courage to say no to a hang out when they know they should be working
- Once you have learned to say no you will notice that you are moving towards your goals

S9: Many people lack the courage to say no to a hang out when they know they should be working. Once you have learned to say no you will notice that you are moving towards your goals. It is so easy to get distracted by people who are chilling but “Don’t get distracted by people who are not on track.”

Handle One Task At A Time

- When you feel motivated don't lose reality. Highly successful people are realistic with their to-do lists
- Start by trying to focus on one task at a time instead of overwhelming yourself with the thought of everything that is not finished

S10: Handle one task at a time

When you feel motivated don't lose reality. Highly successful people are realistic with their to-do lists. If you have spent a lot of your days procrastinating then it is impossible to suddenly finish everything in a day. Start by trying to focus on one task at a time instead of overwhelming yourself with the thought of everything that is not finished.

- Many people lack the courage to say no to a hang out when they know they should be working
- Once you have learned to say no you will notice that you are moving towards your goals

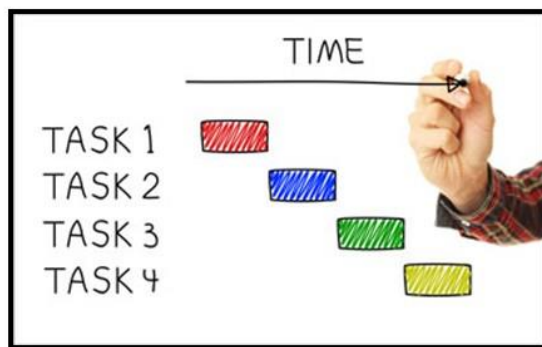
S11: “If the finish line feels too far away, don’t look at it.” Keep yourself focused on what you have at hand and make sure that you do your best while you are at it.

Divide Up Goals

- Once you have a bigger goal in mind it is important that you divide it in smaller chunks
- You need to know all the steps that you must take in order to achieve what you want

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A Goal *without plan* is just a wish

S14: “A goal without plan is just a wish.” You cannot expect everything you want to magically appear in front of you. It takes hard work and every successful person in history put that hard work in to cash their goals as reality.

Rewards And Breaks

- You cannot stay focused unless you give yourself sufficient breaks during the day
- If you want to keep distractions at bay, it is essential to take breaks during the day or working period.

S15: Rewards and breaks

You cannot stay focused unless you give yourself sufficient breaks during the day. Every business, school or workplace has breaks after a certain period because the body cannot function continuously for so long without resting. So if you want to keep distractions at bay, it is essential to take breaks during the day or working period.

- It is important that you acknowledge your hard work because your mind is more likely to stay focused on goals when you give it breaks
- Otherwise you will physically and mentally feel overwhelmed and burn yourself out

S16: It is important that you acknowledge your hard work because your mind is more likely to stay focused on goals when you give it breaks. Otherwise you will physically and mentally feel overwhelmed and burn yourself out.

- After each day of doing what you intended to, reward yourself with an hour of social media, dinner with friends or just staying in and chilling on your own
- This will also energize you and motivate you to work the next day

S17: After each day of doing what you intended to, reward yourself with an hour of social media, dinner with friends or just staying in and chilling on your own. This will also energize you and motivate you to work the next day.

- Make sure that you take one day each week where you don't do anything
- This is important in order to give you a break before you start working again



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Learn From Mistakes



S19: Learn from mistakes

Another thing that highly successful people do is learn from their mistakes instead of quitting. So what if you made a mistake? It only adds to your experience and teaches you about how to maneuver things better.

- Every time you make a mistake, remind yourself that it is a blessing
- The more mistakes you make the more you take yourself on the right path
- Every goal is an accumulation of lessons that you learned from your mistakes along the way

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Rise Above Feelings

- When we know what we need to do our feelings can be contagious and deceptive
- We can make ourselves believe that we can take a break after one day of working hard or two days of working hard

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Consistency is the *Key to Achievement*

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- Don't argue with the plan you have made for yourself
- It is only habitual to deny hard work because we become accustomed to laziness
- If you want to achieve something don't be passive to feelings that lead to destruction of your plan

S23: Don't argue with the plan you have made for yourself. It is only habitual to deny hard work because we become accustomed to laziness. If you want to achieve something don't be passive to feelings that lead to destruction of your plan.

You will have plenty of time for laziness, self-pity and fatigue when you are done with your tasks.

Love What You Do

- It is important that you look at hard work as a positive trait rather than something that strains you
- Successful people love their work and therefore it is easier for them to put in the effort that is needed to achieve their goals

S24: Love what you do

It is important that you look at hard work as a positive trait rather than something that strains you. When we force ourselves to work hard it is natural to hate it because we cannot waste time anymore. Successful people love their work and therefore it is easier for them to put in the effort that is needed to achieve their goals.

- Whenever you feel distressed because of all that you need to get done, remind yourself why you are doing it in the first place
- This will help you develop a positive mindset towards your work

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Manipulate Energy

- Self-disciplined people do not burn themselves out
- Instead, they devote their effort to tasks that need energy



S26: Manipulate energy

Self-disciplined people do not burn themselves out. Instead, they devote their effort to tasks that need energy. Sometimes people make the mistake of building up all their energy for a task that does not need as much energy and later they feel tired or fatigued because they used it all up.

- In order to achieve your goals, know what demands your active motivation and what you can do without using effort
- This is a difficult task for those who are starting from zero therefore start by taking up one task and perfecting it until it becomes habit

S27: In order to achieve your goals, know what demands your active motivation and what you can do without using effort. This is a difficult task for those who are starting from zero therefore start by taking up one task and perfecting it until it becomes habit.

Then add another and slowly build up to it. “Relax but don’t get too comfortable.” Your mind will fool you into believing that you have done a lot when you achieve one goal but it is not always true.

In a nutshell, you can keep reading tips on self-discipline but the real effort is to apply them in real life. Instead of looking around for more tips, start practicing them now.

If today were the last day of your life,
would you want to do what you are about
to do?”

S28: As perhaps one of his most famous quotes, Steve Jobs said,
“If today were the last day of your life, would you want to do what
you are about to do?”

Always Look Ahead In Future

If you dream of success then it is time to push
away all your distractions and start working on
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S29: Always look ahead in future. If you dream of success then it is time to push away all your distractions and start working on your goals.