What is self discipline?

the ability to control one's feelings and overcome one's weaknesses; the ability to pursue what one thinks is right despite temptations to abandon it.

Find a quote about self discipline.

“With self-discipline most anything is possible.” --Theodore Roosevelt

Importance over the other 5.

* 1. Without self discipline nothing can get done (on time)

It can be difficult to get anything done when you can’t even get out of bed.

So being able to pull yourself together to work through a problem that you came across, or avoid the many distractions of the day can ensure the productivity for yourself and your team.

* 1. Discipline keeps you going

The ability to keep going when you’ve ran out of curiosity, motivation, and excitement.

Self Discipline drive a person forward in the face of adversity and failure until they know the work is done.

* 1. Put aside differences and work with others

It wont matter if you don’t like the person you might have to work with you just have to be able to work with him. Its beneficial to have the discipline to ignore your differences.

* 1. Follow through with commitments

As time goes on you may find yourself thinking about quitting on goals or commitments. You need self discipline to focus and keep yourself on track to finish.

**Links**

<https://www.inc.com/john-rampton/which-is-better-discipline-or-motivation.html>