Those who lack discipline fail to make their goals a priority. They fail to make their goals meaningful. You won’t always be motivated. You must learn to be disciplined. With discipline, your results will improve. When your results improve, your desire to grow will rise.

那些没有恪守纪律的人没有把他们的目标放在首位，也没有赋予目标意义。你无法一直保持动力满满，你需要学会约束自己。有了纪律约束，结果就会有好转，而好的结果会促使你继续提升自己。

Self-discipline is a key ingredient to the successful mix. It might will be the most important piece.

自律是成功的关键因素，它可能是成功最重要的一环。

Conquer yourself. Show your discipline.

征服自己惰性，展现你的自律能力。

When you practice consistent acts of discipline, you are sending a message to your subconscious that you are in charge. You are not being run by habit, or by automated activity like most people. You run the day. You are in charge!

当你锻炼自律时，潜意识中你就会觉得自己掌控了自己的命运。你没有被往日的习惯或者例行的活动牵着鼻子走，是你在“过”日子，一切在你自己的掌控中。

Jim Rohn once said : “We must all suffer one of two things: the pain of discipline or the pain of regret or disappointment.” Don’t let it be the latter. Suffer the pain of discipline now… so you can enjoy your results… so you can love your life, later.

吉米·罗恩曾经说过：人必须在两种痛苦中二选一：自律的痛苦和悔恨失望的苦楚。不要让自己承受后一种痛苦，现在就选择纪律约束之痛吧…这样你往后的日子会好过很多，你也会爱上自己的生活。

1.**make…a priority**

 把…置于优先位置/当务之急；

2.**ingredient**[ɪn'griːdɪənt]

 原料；要素；组成部分；

3.**the most important piece**

 最重要的部分；

4.**subconscious**

 潜意识；下意识的；

5.**in charge**

 在掌控中；负责；看管；

6.**by habit**

 出于习惯；

7.**You run the day**

 你支配生活；

8.**disappointment**

 失望，沮丧；