

Lecture 04

Guide to Discipline

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Data Science: From Newbie to Professional

By MasterCourse

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Limiting Beliefs

Some intrinsic beliefs we have about ourselves that restricts us mentally, physically or spiritually to achieve certain goals we aspire.

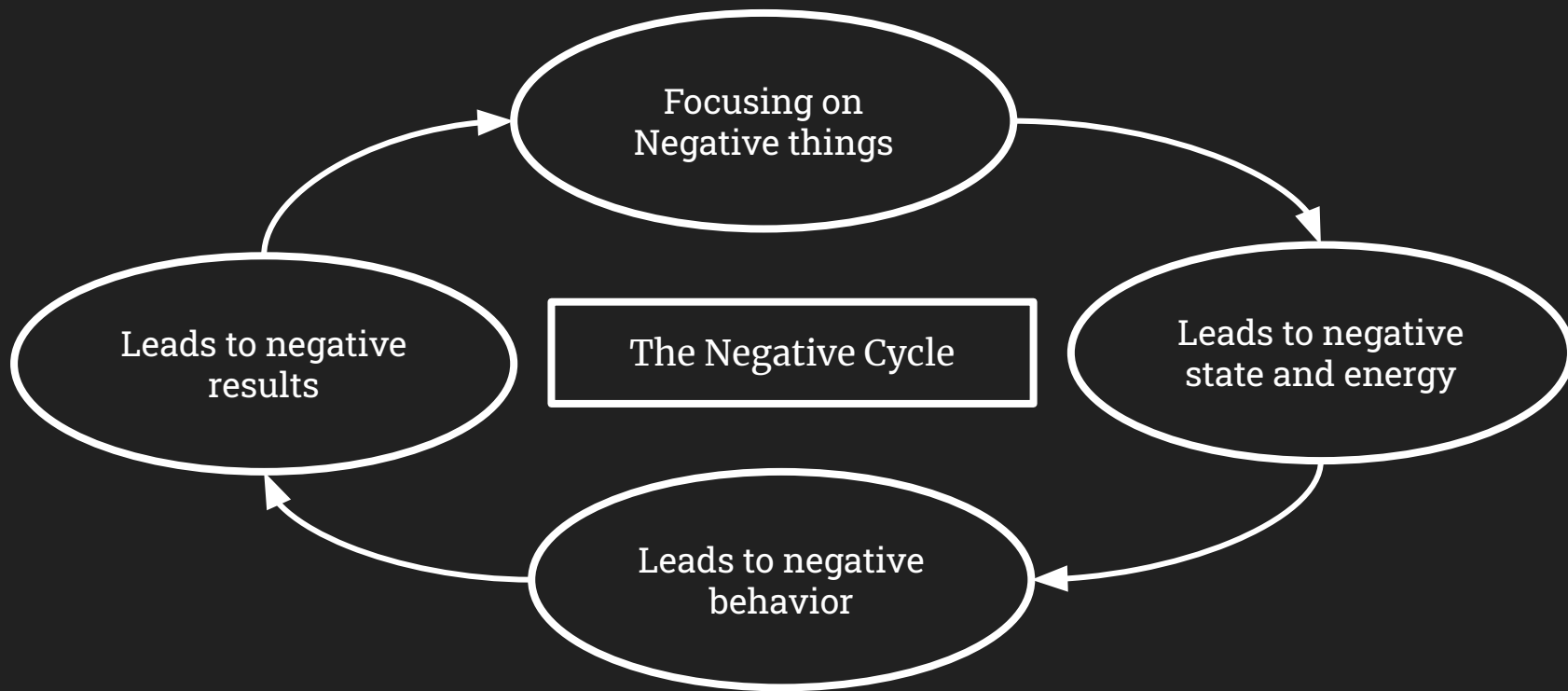
Limiting Beliefs

Some intrinsic beliefs we have about ourselves that restricts us mentally, physically or spiritually to achieve certain goals we aspire.

Examples:

- 1) “I do not deserve being a Data Scientist, because I haven’t worked hard like that guy.”
- 2) “I cannot stop *a bad habit* because I am habituated to it.”
- 3) “I cannot wake up early in the morning, I have never done it.”
- 4) “I cannot get close to my parents because I have always been rude to them.”

Results of Limiting Beliefs



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- 4) Accept what happened in the past and move on today is a new day
- 5) Believe that “Allah is Ar-Razzaq (Total Provider) and He can grant you anything He wills.” and ask for His help.

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10 Common reasons for failure

- 1) Not being emotionally connected with the goal.
- 2) Not taking responsibilities and actions.
- 3) No plans to reach the goal.
- 4) Distracted with other unnecessary things.
- 5) Not patient with the tasks at hand.
- 6) Comparing their beginner skills with expert skills.
- 7) Not tracking their progress regularly
- 8) Not asking for help when necessary
- 9) Leading an unhealthy and impunctual life
- 10) Thinking that grass is greener on the other side

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Why motivation is not enough

Motivation is what gets a job started and discipline is what finishes the job.

Motivation only ignites the inner spirit like a lightning bolt.

To keep the fire on, we need to keep adding fuel to it or else the fire will extinguish.

Discipline provides us with the fuel.

How go from motivation to discipline?

Stop procrastinating and
start planning

Setting priorities and
removing distractions

Build a routine
(concise and flexible)

Plan your tomorrow today