Why we can’t keep self-discipline?

Hello, everyone, it’s my honor stand here share my speak with you, My name is Li, huiling, you can call me Alin, Before I start my topic, I want to ask one question how long have you keep one thing that you like or you want to through it to improve ourselves, please hands up over 21 days? Over three months? Or one year? Wow if you have keep one thing over one year you may no need to listen my speech.

As we all know if we want to keep one thing for a long time, it requires a tremendous amount of self-discipline, but there always exists many obstacles that can destroy our plans.

So today I want to share is why we can’t keep self-discipline with my own experience.

In my view, the first obstacle is we have too much confidence in ourselves:

You must have the experience that you want to finish one thing that have much meaning for you, like start learning a new technical skill, you have list many plans, they may very meticulous to every mins you should do something, but we forget the energy we have in a day is fixed, we have used most of them to our work or other things, when we begin to start the things we plan to do ,they are almost exhausted, so I advise if we really want to do it, we

Should make appropriate plan, not too high and too easy to finish.

The second obstacle is today is a special day.

Suppose we have overcome the first obstacle, and start the plan we designed over 5 days, but today is Saturday or Sunday, do you still have the determination to finish the thing you’re keeping? From last year’s August I begin to study English from an APP I called Speak English influent, from the day I pay for the money, I almost interrupt it one day, even myself is surprised how I can insist on so long time, but now I realize the point is I never give up one day in t, if you give yourself one excuse, you will give two, three

The third obstacle is we are so easily satisfied with our current status.

Ah If we have gotten across the last couple obstacles successfully, we may still fail. why? The reason is the third obstacle I want to say, that we are so easily satisfied with our success. Still last year, I use the above methods, successful get to my dreaming weight number, I used five months, keep practicing the lesson designed in Keep APP, but when I finished the goal I set I’m keep it like before, the result is I get fat again, and have to show in End year celebration Music with Yoga, I see the picture my friend took, I was shocked, so fat I am! And I swear I will keep running right away, from that day I begin to run, everyday morning about 5 kilometers.

All together I want to say is that if you have a right plan and keep it no matter there is so much temptation, and not just for a while, you will finally become you want to become.