

# Love Yourself to Good Health

## Self-Discipline



"Self-discipline is an act of cultivation. It requires you to connect today's actions to tomorrow's results."

-Gary Ryan Blair

Self-discipline allows you to stay focused on your goals. It enables you to stay in control of yourself and your reaction to any situation. Self-discipline is like a muscle: the more you train it, the stronger you become. A lack of self-discipline can cause low self-esteem.

Everyone wants to be healthy, but can you do it right with your diet? This is why we need self-discipline. When you lack self-discipline, your mind and body will wander. Many things will try to pull you back. Try to be disciplined and stick

to it. Don't let a piece of cake or a scoop of ice cream fool you.

Self-discipline is about making wise choices. The food, you eat to the amount of exercise you do is dependent on how disciplined you are. For example, exercise promotes a sense of control over the body which may translate to improved control over other aspects of life, which is a key defense against stress. Those who exercise regularly demonstrate higher levels of self-esteem and maintain a sense of self-discipline. Self-discipline is required to achieve optimal health when breaking a habit or rebalancing health issues caused by excess. The five pillars of self-discipline are acceptance, willpower, hard work, industry, and persistence.

Never allow your pleasure to outweigh your purpose.



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