This is true that an undisciplined mind act as our enemy. The most important thing required in a person to be successful in life is determination and once the person achieves success, to maintain the success, discipline is required.

Being undisciplined creates a problem for us. This reflects how we are and how trustworthy we can be to someone. An undisciplined mind can bring thoughts into our mind which can destroy our dignity and success. An undisciplined mind creates ego in a person and will destroy it.

An undisciplined mind affects our thoughts. Our thoughts on everything change and the worst part is it changes negatively. It can have a huge impact on our minds and can destroy us. These kinds of undisciplined minds can put us down in life.

So being a disciplined mind will lead you to greater heights and will never fall you down.

There are many ways to deal with anger and three of them are mentioned here. Let us look into these.

1. Suppress: Anger suppression refers to the frequency with that angry feelings are knowledgeable however not expressed. Suppressing anger can be the cause of anxiety. Anger that is not expressed can affect relationships, friendships, and many other things. Suppressing the anger can even increase anxiety and stress so we should never suppress the anger. We should express anger that will not harm us and not the other people.
2. Express: a person cannot suppress anger for a long time, and it will come out and burst one day. So, it’s better than when a person has anger, express it with calmness and try to burst out your anger by hammering the nail into a piece of wood. This will burst out your anger and you will feel relaxed. So, expressing anger can reduce somewhat stress and will ultimately reduce anger.
3. Calm: when a person is angry, then he/she should try to keep himself calm and composed. Because being panicked or overexcited can destroy the person, and he might feel regret afterward. So being calm and composed can help you in reducing the anger and help in solving the situation.

So, these 3 things look like and together can help a person to reduce and deal with anger. Because anger can destroy relationships and success within minutes.

Let us first understand what personality is and how we can develop it. Personality is defined as an individual difference in patterns of thinking, behaving. It is the set of different qualities of a person that make him or her different from others. It is defined as the quality of having an interesting, strong, and attractive character.

It can be referred to as an individual difference in patterns of thinking, behaving. Having a good personality helps you develop a positive attitude and live your life in a better way. If we can control our minds, we can strengthen our character, and ultimately it will improve the quality of our life. Let us see how we can conquer our minds.

Always be aware and be prepared for all the happenings. If you are aware and prepared, then you can fight off the negative thoughts and conquer the mind.

Always follow erase and replace mantra to get a grip of your mind. Conquering your mind helps you in facing any challenge without fear. Environment plays a serious role in mental development. Be encircled by positive individuals. continue to learn and feed. Eat healthily, sleep well and exercise.

We should organize all the dimensions- body, mind, energy, and emotions. One should focus of these in this one positive thought we tend to want to accomplish, then those streams of positive thoughts would manifest into nice, fantastic things. Through education and knowledge, one will management their emotions. we tend to should respond and not react in any scenario.

Now to develop personality, some important factors are

1. Attitude: having a good attitude towards any situation also helps in developing a good character and personality.
2. Spiritual: spiritual personality development can mean different to a different person. The best way to describe this is, it is something that connects you to your inner self and brings you to peace. Different activities can be helpful in bringing so like reading mythological books, spending time in prayers, and many more.
3. Recognize that creating mistakes and failing is an element of life. So, don't be exhausting yourself after you commit an error or fail and take pleasure in self-critical thoughts. Be aware of one’s emotions and feelings. Contrary to widespread belief, self-compassion doesn't mean rental yourself off the hook.

So, this way we can conquer our mind and can develop our personality.