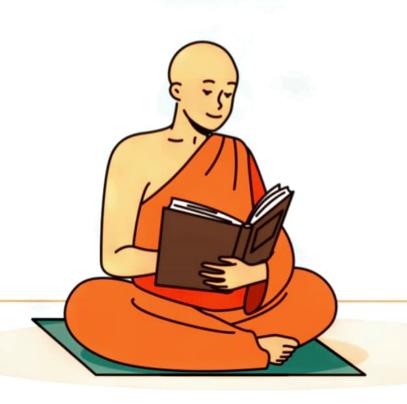# 6 powerful ways to master self-discipline

1. Start by doing a life audit

Focus on the identity you're building

Don't just think about the goals you want to achieve.

Think about the person you want to become.

- What would that person do?
- How would they behave?
- How would they think?

Keeping your desired identity in mind helps you take actions aligned with that identity.

2. Set reminders

It's easy to forget what we're supposed to be doing.

Reading. Working out. Eating healthy. These are all easy to do...and easy not to do.

So set reminders on your phone, calendar, or to-do list app to help you stay on track.

3. Embrace challenges

The hardest battles often come from within.

Nothing meaningful is achieved without struggle.

Instead of thinking about how hard things are, think about the incremental progress you're making over time.

Keep a journal of what work you get done, each win you have, and the good choices you make.

4. Take care of your health

It's hard to make good decisions when you don't feel good mentally, physically, or spiritually.

This starts a downward spiral where everything seems to fall apart.

Stop the cycle by taking better care of yourself in terms of:

- Mental health by journaling & reading
- Physical health by exercising & eating well
- Spiritual health by journaling & practicing gratitude

5. Practice meditation

Self-discipline can:

- Run you down
- Take a toll on your mind
- Make you feel overwhelmed

Dedicate 10 minutes at the end of your day to:

- Sit in silence
- Let thoughts come and go
- Become aware of how you're feeling

6. Build new habits

Building a simple new habit is a great way to build your self-discipline muscle.

5 habit-building tips:

- Start small
- Get accountability
- Track your progress
- Celebrate your wins
- Focus on your "why"