

SELF DISCIPLINE

THE NOT SO SECRET, SECRET
TO ACCOMPLISHING ANYTHING



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SELF DISCIPLINE:

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TO ACCOMPLISH ANYTHING***

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Introduction

The pursuit of success across all fields of human endeavors has always been a recurring theme and the most prominent feature of human societies. From the ancient Aztec and Roman empires, to the modern day, the challenge to try and succeed in creating new milestones has dominated the consciousness of all individuals. Each individual tries to find lasting solutions to problems, manage a problem, and achieve prominent success in both personal and entrepreneurial enterprises.

Success has always been the central topic of human activities but sadly, nature dictates that we can only taste success in varying degrees. Some people seem to have continuous failures. They only need start any pursuit before they fail or so it seems. Others on the other hand, seem lucky and constant recipients of good fortune. They consistently succeed irrespective of the odds against them. For them, success has become a habit that they only need to activate to enjoy. What is the difference between these two distinct categories of people? The difference lies in their control over their mind and

actions.

Dear reader, do you always seem to have trouble succeeding? Are you feeling incapacitated or unable to take action? Do you always seem to encounter setbacks that make you quit? Do you quit more times than you succeed? Does your luck never seem to favor you? Well, if you answered “yes” to any of these questions, then, this book was written for you.

How does success work? Success is a product of our actions. To a large extent our actions dictate how well we can succeed. Our actions are products of our thoughts and mind. Our willpower and self-control determine what sort of thoughts and by extension what actions we take. Therefore, it follows that if we cannot succeed without taking the right actions, then, we need to consistently act right and on cue. How can you build the right habits that enhance and promote your success? By building self-discipline!!!

Self-discipline is a must if you want to achieve any form of consistent success and satisfaction. To achieve success, you must be ready to make more sacrifices than most people. The type or form of success you are hoping to achieve does not matter; you must simply be sufficiently disciplined and possess enough willpower to carry out the right things you need to do. The most successful people on the planet and in history all have the “self-discipline” blueprint down pat and work constantly by it. They adhere to it at all times and it makes them seem to be luckier and able to achieve monumental success. How can you get the blueprint too?

Not to worry!!! That is exactly why I have written this book for you. This is a guide to building sustainable self-discipline that can serve as the bedrock of your new efforts and ultimately better your odds and chances of success. It contains actionable tips and insight to help you live the dreams you have always had, transcend the limits you have set for yourself, and enhance your self-improvement ability. It lays the foundation for consistent and soaring success. Read on!!!

Chapter 1

WHAT IS SELF-DISCIPLINE

“No person is free who is not master of himself.”
— Epictetus

The term “self-discipline” itself gets thrown about so frequently by every Tom, Dick and Harry that it is practically impossible to find any individual who genuinely believes that he is not self-disciplined. That alone should tell you just how important everybody thinks personal discipline is. However, for every thousand individuals that claim to be self-disciplined, the actual number of people that are self-disciplined may be less than fifty. Some people remain genuinely ignorant of the truth of self-discipline while others choose to remain in the dark. Even among the enlightened, only a few can truly claim to subscribe to the rights of “self-discipline building” practice. So, what exactly is self-discipline?

Self-discipline means and covers a lot of areas. It is the ability to run and maintain a well-defined course of action and habits that eventually lead to success. It can be hard to succeed as the path to success is almost always lined with major obstacles, challenges and setbacks that can discourage even the strongest of minds. Self-discipline is walking this path without flinching or looking for the easy way out. However, this is but just a single facet of self-discipline.

Self-discipline is also all about our choices of action. Our brains and minds are set to look for immediate gratification and instant rewards by default. Therefore, by default, humans are preprogrammed to look for immediate satisfaction by choosing actions that bring instant pleasure. Self-discipline is also the ability to overlook instant gratification, delay pleasure by choosing to work towards the future, make the harder choice and wait for long-term success. As Remez Sasson neatly summarized; “It is the ability to reject immediate satisfaction, pleasure or comfort, in order to gain something better, even if it requires effort and time to gain”.

Self-discipline is merely a blanket name for a collection of positive personality traits that can help you become a better version of yourself. It envelops quite a wide range of positive traits like perseverance, positivity,

mental toughness, optimism, confidence and willpower among others. From all these though, the tripod of self-discipline sits squarely on positivity, mental toughness and willpower. How do these three work to help you develop self-discipline? Allow me to describe with an analogy.

Consider success as your destination and your mind as the vehicle that can drive you to it through the series of actions it encourages you to carry out. Now, a lot of people fill their minds with the wrong things and start moving at a very slow speed or get stuck along the way. Even worse, they may turn their cars around and head for the exit. Your toughness and mental strength represents the shock absorbers you are going to need on the bumpy road that leads to success. Your willpower is the fuel that powers your drive and keeps your vehicle moving regardless of the conditions. We are going to discuss further on the tripod and other secondary supports in subsequent chapters. For now though, if as Elbert Hubbard defined; “Self-discipline is the ability to do what you should do, when you should do it, whether you feel like it or not”, **why should you develop self-discipline?**

Why should you let go of guaranteed and immediate pleasure in place of a seemingly less assured and tortuous route? Why should you be able to drive on even when your primal instincts scream for you to stop, wait a little and enjoy a little (or as it happens so often, a permanent) break? The answer is simple. Would you rather have a more-assured, faster although slightly harder route to success? Or do you prefer to have an endless, directionless trip interspersed with long stretches of inaction, stationary status and breaks that stretches on for forever? That is exactly what self-discipline grants first and foremost; a chance to gain control over your direction and pace of movement. Self-discipline entails knowing when to hold back and when to go out guns blazing. It teaches you to keep your gunpowder dry and ready for action instead of firing blank, random shots at anything.

What is the most common and unifying trait that runs through the Nikolai Teslas, Steve Jobs, Henry Fords, Abraham Lincolns, Mandelas, Rowlings, Gates, and Oprahs of the world? It is also the main difference between them and every other average person out on the streets? Plain and simple, self-discipline. Together with its underlying condiments, it represents the greatest ingredient for success. I borrow the words of Harvey Mackay; “It doesn’t matter whether you are pursuing success in business, sports, the arts, or life in general: the bridge between wishing and accomplishing is discipline”.

Chapter 2

THE MOST IMPORTANT COMPONENT OF THE BODY

“Rule your mind or it will rule you.”

— Horace

What is the most important component in the human body? Could it be the liver, lungs, heart or kidney? All are wrong of course!! Off-hand, any third grader would tell you it is the brain. Unfortunately, this is also wrong!!! That answer is at best, non-specific. The most important component of the human body is the mind!!! Your brain may control all conscious and even subconscious activities but what controls the brain? It is the mind. The mind inputs a direction and target for the brain to work towards and the brain immediately takes it up and works on it automatically. Therefore, it is important for you to possess total control over your own mind to be able to directly affect what your brain works towards.

Why do you need the right mindset?

Your mindset is one of the key pillars of discipline. It is the vehicle that carries you towards your destination. Therefore, you need to put it in the right order and direct it appropriately. Despite its strengths, your mind is wired to seek immediate pleasure, until you change the default setting and rewire your mind. It is also a blind driver and will act based on exactly what you feed it. Therefore, if you see sacrifice as being painful, your mind automatically tries to put you in a position where you won't have to make those sacrifices. Also, creating the right mindset helps establish a buffer between your actions, and subsisting conditions. As René Descartes noted, it will do you good to remember, “Except our own thoughts, there is nothing absolutely in our power”.

Creating the right mindset

How then can you create the right conditions to allow self-discipline to flourish? The primary reason people become unfocused and undisciplined is out of fear or inability to make sacrifices. Most people view being disciplined as a painful sacrifice or extreme conservativeness. This is not only wrong, it is also misleading.

To create the right mindset is to remember that control is important. Not every immediate gratification adds value or aids your quest. A lot hampers on your ability to grow and develop. These are the things discipline seeks to keep at bay. Self-discipline requires you to focus on the most important priorities for your success. You need to eliminate the things that weigh you down. All you need to get started on the road to self-discipline is to prioritize and stick to your priorities. Do not think of self-discipline as conservatism. Instead, see it as a controlled attempt to lighten your burden, so that you can move faster.

Chapter 3

THE POWER OF POSITIVE THINKING

“Whether you think you can or think you can’t, you’re right.”

— Henry Ford

Positive thinking is the fuel of self-discipline. At all times, you need to program your mind to see the positivity ahead even in the direst of times. Depriving yourself of instant gratification that is there for the taking requires that you be able to look to the future with high hopes. If not, you will get disillusioned early and lose focus.

Is positive thinking really that effective? Does it have the power to alter our actions and outcomes? Feed your soul with this insight from Wade Boggs; “A positive attitude causes a chain reaction of positive thoughts, events and outcomes. It is a catalyst and it sparks great results”. Like I said in the previous chapter, your mind is a blind driver. Give it positivity and it multiplies it. Feed it with images of negative outcomes and subconsciously, it will lead your actions and eventual outcome towards failure. Negativity will kill your ability to hold on and persevere. It gives you the perfect excuse to derail your train of discipline, therefore you need to hold fast to positivity.

Practical tips to help you think positively

- **Kill the negative voice in your head.** Everybody has that little voice in the back of his or her head preaching extreme caution and discouraging us. You need to kill that voice if you are to remain disciplined. It is already hard to succeed without the added burden of self-criticism. Learn to counter negative thoughts with immediate positive ones.
- **Practice creative visualizations.** Project your efforts as success. Think to how you would feel when your startup eventually gets funded. Imagine your joy and satisfaction when you finally land the project you are after. Close your eyes and imagine yourself at the finish line.
- **Get yourself a mantra and engage in positive affirmations.** Everybody has a broad goal. Repeat your goal under your breath constantly. Draw up a list of positive affirmations and say them repeatedly. It gives you a reason to remain disciplined.
- **Get and stay motivated.** Nobody can remain disciplined for long without a fresh and constant supply of motivation. Get yourself a reason to stay disciplined with goals that will motivate you to remain true to your course of action.

Chapter 4

BUILDING SELF-CONFIDENCE

“No one can make you feel inferior without your consent.”

— Eleanor Roosevelt

What is self-discipline without self-confidence? Only an **attempted** attempt to succeed!!! If you are trying to be self-disciplined, yet, you remain highly skeptical of your chances; you might as well stop beating around the bush and go home. You cannot remain disciplined without being confident. That would be a double loss. Confidence in your abilities to pull off the impossible will help you stay on the path to success.

Without self-confidence, your mind remains a very good, sound and fast car with a driver that is yet to earn his license. It doesn't matter how shiny or great the engine of your car may be, such a trip is only likely to end in a crash especially when you need to go over the bumpy setbacks and challenges you are most definitely going to encounter. Therefore, to be disciplined is to be confident. What are the best and most proven ways to enhance self-confidence then?

Practical tips for building confidence

- **Acquire competence and skills.** Half of confidence is competence. When you are capable and mentally ready to execute a task, it permeates your very essence with confidence. To build an endless supply of fresh confidence daily, learn to do the things you want to do. Do not just sit and allow your confidence to take a beating. Acquire the skills and knowledge that will enable you to function at an optimal level.
- **Embrace who you are.** You are not me, or him, or her, or them. You are YOU!!! That comes with a responsibility for you to remain true to yourself and what you represent. Do not try to be anybody else. Understand that you are unique and fitted with the tools to succeed. Grant Cardone helps you with this advice; “Do what you are scared to do and watch your confidence grow.”
- **Learn your strengths and weaknesses.** Everybody has strengths and weaknesses in character. People low on self-confidence only see their own weaknesses. Confident people understand that while they may have strong characteristics, their weaknesses too are an integral part of their constitution. Do not gloss over your weaknesses. Instead, go all in on what you are good at.
- **Don't chase perfection.** Perfection doesn't exist. Do not throw away your well-laid out plans in a mad rush to the top. There is always room for improvement in your efforts but do not chase perfection so much that you lose sight of your goals. Learn to adapt to your situation as you go

- **Let go of mistakes and failures.** Mistakes happen for a reason; for us to learn. They are a part of the learning curve. The best way to move on from a mistake or failure is to learn from it and never allow it to happen again. Remember, failure is feedback!

Chapter 5

WHY YOU NEED TO BE TIME-CONSCIOUS AND DEVELOP TIME MANAGEMENT SKILLS

“The bad news is time flies. The good news is you're the pilot.”
— *Michael Altshuler*

Time is precious and timing is everything when it comes to self-control. Your application and use of your time will decide just how well you can perform. A lot of people do not succeed because they waste so much time on frivolities that they no longer have enough time to spare for the most important points they should pursue. A lot of times, most people fail to realize that they are failing because they can't remain in control of their time and schedule. So, they either do the right things, in the right manner at the wrong time or, carry out the wrong things, in the wrong manner at the right time.

Our success is the average product of the things we do at each particular moment. It is also a factor of just how well you apply your time to tasks. Apart from all these, managing time effectively, remaining conscious of the time you spend on each activity will enable you to achieve a certain level of orderliness and scheduled progress. It will leave you at the right place at the right time to carry out the right actions that will ensure you can remain steadfast on the path of self-discipline and ultimately, success.

Tips for managing time effectively

- **Plan out ahead.** Nobody is as foolish as he who goes to war without a plan. Planning is everything and then some. Always plan out your day early in the morning before you launch headfirst into the day in an unplanned manner. If you do not allocate specific tasks and actions for specific periods, you will end up with a jumble of half-completed, unsorted and untouched tasks.
- **Cut out frivolities.** Yes, this is the bane of undisciplined people. Yes, that game of golf looks inviting but wouldn't you rather be completing that task ahead of schedule. I am by no means suggesting you deny yourself pleasure but do ask yourself if there is no other pressing need than immediate pleasure. If there are, then, cut out any frivolity.
- **Learn to say “No”.** Tim Ferris said; “What you don't do determines what you can do”. Many people do not have time not out of laziness or a lack of organization. Rather, they take too much work and tasks upon themselves that they no longer have time for themselves. You need to learn to say “NO” to give yourself more time to work with. It is not convenient for you to always accept any request for help. So, focus only on those areas where you are indispensable.

- **Delegate activities to others.** Learn to delegate your efforts to others to help you move faster. Sharing out your tasks will give you more time to yourself. Specifically tasks that someone may do better than you.
- **Leave extra time for unforeseen circumstances.** When you plan your day or approach, always make accommodations for unforeseen circumstances. If you do not, you run the risk of rendering your schedule useless if just a single inconvenience should present itself.
- **Embrace technology; alarms and schedule planners.** Gone are the days when you needed to plan out your day manually and constantly keep checking the time to remain in tune. Now, a wide range of options exist to help us keep track of time; buy into them.

Chapter 6

HOW TO BECOME MENTALLY READY AND TOUGH

“In any situation, the best thing you can do is the right thing; the next best thing you can do is the wrong thing; the worst thing you can do is nothing.”

- Theodore Roosevelt

Both success and failure share at least this one thing in common; they both almost always occur suddenly. They creep up on us without most people noticing. That breakthrough you had must have been an accumulation of efforts that you probably didn't even notice. The onward progression of success and failure means that most people are always caught unaware when either of them occurs. Self-discipline however dictates that you remain ever vigilant and ready to respond to any eventual outcome. Self-discipline includes paying a lot of attention to being prepared at each stage of your life and only then can you ensure that your levels of awareness, readiness and ultimately, discipline do not slip at any time during your pursuit of success.

The five stages of mental alertness and tips for each

During any quest for success that has certain efforts expended, there are five stages to be transversed before success can be achieved and consolidated upon. The five stages include:

Developing the right expectations: In this stage while you deploy your efforts, you need to calibrate your mind to adjust its range to the range of expectations. Do not allow your expectations to run wild or so dangerously low that you become under-motivated to succeed. Instead, allow your expectations to fuel your efforts.

Waiting for outcomes: This is one of the hardest phases. After you have tried your best effort and await the results, it is easy to lose focus. This may make you ill-equipped to react accordingly to the eventual outcome. Simply agree that you have done your best and remain cautiously optimistic that your best would be good enough. If you truly feel as if you could improve on something you've done, figure out what exactly it is you can do, and do it. Don't allow your mental radar to go haywire.

Dealing with trying times: Success is not always smooth. There are bumps along the way and you need to be ready to absorb a few hits and remain unscathed. You need to reinforce your ability to persevere beyond your challenges. Do not give up because it does not seem to be working. If you must make changes, let it be because your approach is wrong, not because it does not seem to be working. Figure out why it didn't work, change your approach and try again.

Dealing with initial success: Initial success is a flicker among the ashes. Some people are able to draw it out and create a huge glow; others gorge themselves upon it until it flickers and goes out permanently. Being disciplined is no advantage if you throw it out at the first sight of success. You need to exercise extra caution in managing your initial success. Remember where you're going and continue down your path.

Maintaining success: Maintaining success can be even harder than achieving it. The sight of success can make individuals drop their guard and lose their inhibitions. To maintain success, you need to be proactive in maintaining self-control. You need to stick to the plan that brought you your success unless you are upgrading it even further. Do not be tempted to feast on the success until it dies off. Remain in control!!!

Chapter 7

THE POWER OF PERSEVERANCE

“Great works are performed not by strength, but perseverance.”

-Samuel Johnson

Charles Glassman’s description of self-discipline gives a unique insight to why we need to remain steadfast and persevere irrespective of prevailing circumstances. He said; “Self-discipline is short-term pain, which often leads to long-term gains. The mistake many of us make is the need and want for short-term gains (immediate gratification), which often leads to long-term pain”.

Such a concise quote should serve to illustrate the importance of being able to persevere but let me explain even further. Perseverance and self-control are the fundamentals for self-discipline. So long as self-discipline means that you are going to be doing things that you would ordinarily not be doing or making sacrifices that your vainness doesn’t really want. You are going to need an emotional and mental buffer to protect your discipline from the ravages of whatever situation you put yourself in. Therefore, perseverance is the ability to go down a dark tunnel with the assurance that there would be a light at the end even when there are no concrete indications that this is so.

Your discipline asks that you be able to solve problems and your perseverance gives you the means to achieve this. To do this, you need to:

- **Stay with your problems for long enough:** People often scream at their problems and crash their efforts at the first point of asking without actually moving closer to inspect the origin of their troubles. Many an investor sells at the first sign of a downturn without even bothering to check the causes and possible alternatives of such a downturn. Part of self-discipline involves not packing up your bags and fleeing at the first sight of trouble. You need to stay with your problems and actively try to solve them before you run away.
- **Celebrate small victories:** Many people point to big breakthroughs and shower them with praise without realizing that the breakthroughs are actually a series of smaller victories leading up to the bigger overall victory. It can be difficult to be disciplined during these times and this makes it even more important that you learn to identify small victories and celebrate them. All victories are indeed worth celebrating and noticing your smaller victories while not losing sight of the bigger goal will infuse you with new hope, optimism and keep you firmly focused, and remember how far you’ve gone.
- **Show self-gratitude:** Do not fall into the trap of wanting to be somebody else. You are a unique individual with unique strengths that cannot be found in anybody else. Give yourself a little credit for that and look inwards to find reasons to be glad that you are you. Be happy with

what you have achieved so far while you look up to further success. As Roy T. Bennett said; “If you aren’t grateful for what you already have, what makes you think you would be happy with more?”

Chapter 8

HOW TO MAKE THE RIGHT DECISIONS AND TAKE PROPER ACTION

“Knowledge speaks. Wisdom listens. Action wins.”
– Grant Cardone

Like I mentioned in the introduction to this book, our actions become habits. It is our habits that eventually decide just how much success we are entitled to. Best-selling author, Tony Robbins echoed the same sentiments when he stated that; “It’s not what we do once in a while that shapes our lives, but what we do consistently”. As such, our success is a product of the actions we take on a daily maybe even hourly basis. How does self-discipline come in to help us choose the right course of action?

In the first place, self-discipline itself refers to the ability to choose the best actions from among the many options we have. A self-disciplined individual is an individual that has a tested framework for choosing the right course of action at all times. Being able to spot, choose and maintain the right course of action is the most important aspect of self-discipline. Below is a ten-step guide to help you stay focused and disciplined as you march to success.

A GUIDE TO CHOOSING THE RIGHT COURSE OF ACTION

- ❖ **Identify your aims and goals.** Do not just set sail without a concrete idea of your goals and what you would count as success. Do not just put your vehicle on the road and fuel it with your efforts without knowing where you are going. Are you hoping to grow your business by a third this year, break into new markets, double your revenue or open a dozen more branches? Stop for a moment, pick up a pen and articulate your goals. Now, divide them into short, mid- and long-term categories. This will enable you to know how to apply yourself, prioritize your actions and keep track of your progress.
- ❖ **Create a plan and write it down.** Having a destination is not enough. You need to have a map and plan out your route. That will save you valuable time, effort and reduce the number of times you need to turn back and try alternative routes. It will also keep you in the know-how of where you stand and help you prepare so you can react suitably to changing circumstances and events around you. I advocate that you do not keep your plans in your head. Rather, put it down in writing. This will help make it seem more concrete and substantial to you.
- ❖ **Build passion for your goals.** Passion fuels perseverance and optimism and it is absolutely necessary for you to have your goals backed by passion. Even if the goals aren’t the most passionate ones you could have at the onset of your efforts, you must derive a certain pleasure and passion from pursuing them. The ability to derive passion and satisfaction from the pursuit and completion of your goals is a key component of self-discipline. The passion will keep you grounded, interested and provide you with much-needed motivation to keep you committed to your

cause.

❖ **Set deadlines and milestones.** One of the easiest ways to retain timeliness is by setting deadlines and milestones for each project you have. Milestones give you the semblance of motion and make you conscious of the little victories you are already achieving. With milestones, you can easily declutter and classify each task. Deadlines are also just as important. Deadlines help you control the amount of time you spend on each specific activity and keep life in order. It is not enough to just set them though. Self-disciplined people always keep to their deadlines. It is important that you are able to do so too.

❖ **Be practical.** No dream is too big but a vain dream can be outright misleading. Do not focus on things that are definitely out of your reach. Instead, be absolutely realistic and practical about the strengths and advantages in your corner. Utilize them to great advantage but do not ever overestimate the strength of your advantages and efforts. That could be suicidal. It is hard to focus on being disciplined when your dreams seem so vague and unattainable. So, try your best to keep small, attainable goals regardless of how big the dream or goal may be.

❖ **Live in the present.** Half of the people that routinely fail, live in the past; the remaining half? They live in the future and completely overlook the present. Therefore, tilting your focus towards the past or future beyond a certain limit can hinder you from enjoying the present you deserve. Forget the mistakes and failures of the past, and focus on deriving maximum value from the present. Do not live so much in the future that you begin to neglect that the present determines the future you are dreaming of. Yes, learn from the past and expect great things from the future but do not for any reason dwell unnecessarily in either at the detriment of your present requirements.

❖ **Making sacrifices.** Making sacrifices is a huge part of self-discipline. Learning to let go of certain things we would rather have enjoyed is a must if we want to enjoy monumental success. Even trivial things like trading in those sweet little pastries you have always loved in favor of a healthier choice is an example of making sacrifices. Self-discipline doesn't seek to demonize certain acts, it simply asks what the next most important task is, and routes our efforts towards completing that particular task. Therefore, be prepared to make sacrifices, big and small to create the appropriate conditions for you to succeed and remain disciplined.

❖ **Work smart; learn leverage.** Gone are the days when wanting more success translated into putting in extra effort. These days, the system has changed. More success now translates into "working smarter". It is no longer about the volume or amount of effort you put in. It is about the quality. Therefore, you need to learn to leverage on other people's time, skills and money (among other things) to create larger results with a smaller input of effort.

❖ **Build a network of support.** No matter how disciplined you are, you are going to run into unforeseen troubles and you are going to need outside or extra encouragement from the people around you. Therefore, the kind of people you rely upon will determine how disciplined you can remain over a period of time. If the people around you are constantly urging you not to make certain sacrifices for the better good, chances are they will offer next-to-no help when you are down. Therefore, surround yourself only with trusted friends and family members that can lift you up when you are down.

❖ **Stay healthy.** Self-discipline starts from being able to choose the right habits that will help you build a healthy lifestyle. You may need to get rid of certain habits and eating patterns threatening your health. Don't ever leave a health-damaging habit to grow to disable you. Instead, remain proactive in your quest for a better life. A self-disciplined individual lying in a ward in the clinic has little to gain. Live to remain healthy.

Summary

At every single point and moment in life, we are always in the midst of making choices. Whatever you may be doing right now is because you chose to act thus right now. Our choices decide our habits. Our habits then decide to what extent we can progress along the path to success. This is where self-discipline comes in.

Self-discipline does not refer to you starving yourself of the finer things in life or shunning all pleasure. Rather, it is a tool for shaping your destiny and taking total control over it. Every other person out there is trying to get the same success you are trying to get. The only way to get it is by being laser focused on the things you need to do and cut out the things that are not absolutely necessary. As Henry Ward Beecher advises any individual seeking success; “ Hold yourself responsible for a higher standard than anybody else expects of you. Never excuse yourself. Never pity yourself. Be a hard master to yourself - and be lenient to everybody else.”

Being self-disciplined means to have personal conviction and the ability to persevere in the face of adversity. Our mind is blind and prewired to take us on a wild ride across several plains if we fail to grab control over it. This is why you need to be self-disciplined; to take back control and give your mind the right directions to take you where you want to go. The road isn't smooth; it has a lot of obstacles. You are going to need adequate willpower and the right mindset to succeed even when the odds are very low.

The ball is in your court now. You can either choose to strike now and build healthy self-discipline to supercharge your efforts and fulfill your grandest dreams or you can continue to stumble around in the dark like every other average person in the world. Just remember;

“Success is not final, failure is not fatal. It is the courage to continue that counts.” – Winston Churchill

Conclusion

Thank you again for downloading this book!

I hope this book was able to help you accomplish anything you put your mind to!

The next step is to implement everything you've learned in this book!



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