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FREE REPORT



Manual on Self Discipline

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Introduction

Successful people that display strong qualities of self-discipline and willpower are admired by everyone. Did you know that people from all walks of life, have improved their lives due to the sheer power of self-discipline?

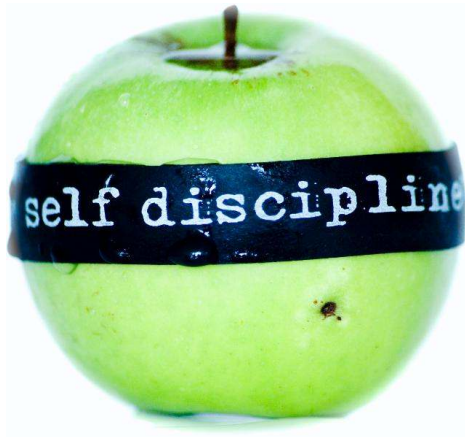
Truly, self-discipline is something that everyone needs, or can use to enhance their lives. You can train yourself to develop self-discipline and achieve all the goals that you have set for yourself.

By the sheer power of self-discipline, people have reduced weight; won gold medals, conquered the toughest tasks, and increased their overall quality of life.

Self-discipline is not just for some people; you too can learn and develop with self-discipline. This manual on self-discipline will show you how. Read on to find out how you can achieve anything with self-discipline.

What Is Self-Discipline?

The definition of self-discipline is the ability to take action in a situation, regardless of any emotional state of mind. Self-discipline is a very important developmental tool that helps us stick to our goals and accomplish the things we set out to accomplish. Without self-discipline, there are many things we would not be able to accomplish, such as:



- Difficult tasks that require hard work
- Things that are unpleasant, that we would rather not do
- Tasks that have many steps, or require patience
- Complex problems that require problem-solving skills, and
- Things we are not especially good at

Someone with a high level of self-discipline will have a much easier time losing weight, quitting a bad habit, or developing new skills. The ultimate display of self-discipline is when one can say that anything they set out to accomplish will be completed, though this is often hard to follow through on.

How Is Self-Discipline Developed?

It is easiest to picture the development of self-discipline the same way a muscle is developed. The more it is used, the stronger it becomes. However, if it is neglected, it will become very weak. The more one exerts control over his or her actions and restraint on his or her emotions, the easier it will be to continue to do so.

People possess different levels of self-control, just as all people have different levels of physical fitness. When referring to the example of muscular training, consider how muscular training is accomplished. We cannot force our bodies to do more than we are

capable of, and we also cannot force our minds to control more than we are capable of, either. However, by exercising frequent self-discipline, we can develop our skills to the best of our abilities.

In order to advance your own self-discipline, keep these main goals in mind:

- You must find a medium between setting goals that are so high you are doomed to fail and staying within your comfort zone and never advancing. Think of it this way: You cannot build muscle mass by trying to lift weights that you cannot move, but you also will not gain muscle mass if you only lift one-pound weights.
- Every time you make progress, it is best for your development if you try for a progressively harder goal.
- Do not try to transform your life overnight. Take small but progressive steps toward advancement.
- Do not compare yourself with others. Do only what YOU can do, not what you think you should be able to do, compared to others. Just as some people can lift only twenty pounds and others can bench-press 300, so too is the advancement of self-discipline.

Following these guidelines can help you to reach the level of self-discipline that is right for your lifestyle and your own goals. Just be sure to give it all you have, without trying to push yourself too hard.

Five Elements of Self-discipline: Number # 1 - *Acceptance*



Self-discipline is required to complete any difficult, tedious, or unpleasant task. Often, the things that require the most self-discipline in our lives are also the most rewarding. In order to achieve great things, it is first necessary to develop a great level of self-discipline. The best way to develop self-discipline is by beginning with the five main

elements or building blocks. These are:

- Acceptance
- Willpower
- Hard Work
- Industry
- Persistence

In order to understand how they work together as a whole, it is first necessary to examine each one as a separate entity. Here, we will primarily look at the building block of acceptance, and how it affects your ability to be self-disciplined.

What Does “Acceptance” Mean?

Acceptance is the practice of perceiving reality and then consciously acknowledging what is perceived. This is the easiest thing to do in theory, but sometimes the hardest in practice. Basically, what this means is that when you see a situation, you take it at face value for exactly what it is and understand it instead of trying to read into it, attribute good or bad to it, or change it in any way.

Why Is Acceptance So Hard?

Acceptance is a very difficult thing for many individuals because human nature makes us want to change the things that are around us that are not perfect. By doing this, we do not actually accept what is there but want what our version of what we feel it should be like instead.

What Makes Acceptance Important?

A person who wishes to improve his or her body image must work hard at getting the muscles in shape. However, it would do absolutely no good for that person to randomly choose a set of weights to start lifting every day without knowing what he or she is capable of. Muscle tone improvement must be gradual and metered; once a skill is mastered, a new, harder skill can then be started.

If this person chose to start a new exercise routine without first knowing what he or she was capable of, there is a very high chance that he or she will either choose weights that are too heavy, which would be impossible to move and could cause injury, or weights that are too light, which will do nothing to help muscle tone. Similarly, if you cannot first accept the place you are in with your own self-discipline, there is no way to begin working to build it up without simply guessing.

Here are a few things to evaluate about yourself, to get you started in thinking about your own level of self-discipline. By learning where you stand on these issues (and more), it is possible to then know what direction you need to go in.

- Your current weight in relation to your goal weight
- Your level of intelligence
- The time you wake in the morning, including weekends
- The amount of focus you put into your working hours while at work
- How often you balance your cheque book
- How many vices or addictions you would like to break (such as caffeine, tobacco, alcohol or drugs)
- How organized your home or office is

- How much television you currently watch, and whether or not you could give it up for a full 30 days

This is far from a comprehensive list, but hopefully it will get you started on the path to accepting what you need to improve about your self-discipline habits.

Five Elements of Self-discipline: Number # 2 - *Willpower*

Continuing the discussion of self-discipline and what it takes to build it, here we look at the second element of self-discipline: willpower. Recall that the five building blocks or elements of self-discipline are as follows: Acceptance, Willpower, Hard Work, Industry, and Persistence. Now it is time to take a closer look at willpower.

What Is Willpower?

Often it seems as though willpower is a four-letter word. Technically speaking, willpower is one's ability to withstand something that is tempting or alluring, even if the temptation is strong, or to stick with something even after it becomes difficult. As with acceptance, willpower is a very easy concept to understand, but a very hard one to practice.

Willpower comes when one can set a course of action and follow through with it, no matter what obstacles get in the way or what tempts you to give in.



Why Is Willpower Important?

Willpower, literally speaking, can make or break any endeavour. It is often the deciding factor, and the most important one, in whether or not a goal is reached or a task is accomplished. It is the applied concentration of all of your energy, summed up into one final blow. Though it is true that you cannot accomplish anything with willpower alone, it is also true that without willpower, you cannot accomplish anything. Willpower is applied to a situation by

- Deciding upon an idea
- Creating a plan to accomplish the idea, and then
- Executing the details of the plan.
- Creating Momentum with Willpower

It is usually best not to create a plan that requires a huge amount of willpower every day, or else the plan may be doomed to fail. Willpower takes an awful lot of energy, and because of this it is often unsustainable. Trying to exert willpower for too long is a leading cause of becoming burnt out, and also a leading cause of failure. After all, one can only abstain from temptation for so long before it eats at them too much, making them either abandon the cause or give in entirely.

Instead of trying to sustain a high level of willpower, it is best to use it in short, powerful bursts that dissipate into a sustainable level of working. The best way to do this is to use your willpower to make a good amount of headway into the goal, so as to keep yourself motivated and moving along with the completion of it. By creating this virtual “beachhead” to give you something to start with, the end result is much easier. For example, if you are trying to lose weight and want to use your willpower as a jumping block, the best way is to set secondary goals to get you started, so that maintaining your focus until the end is possible. Use your willpower to begin your diet—after all, dieting takes a great deal of willpower and is not easily sustained for long periods of time.

Instead of trying to exert never-ending willpower by putting yourself on a diet until you lose all of the weight, here are some good uses of willpower (in this example) to get you on the road to success:

- Remove the junk food from the home, including foods you know you will want to overeat.

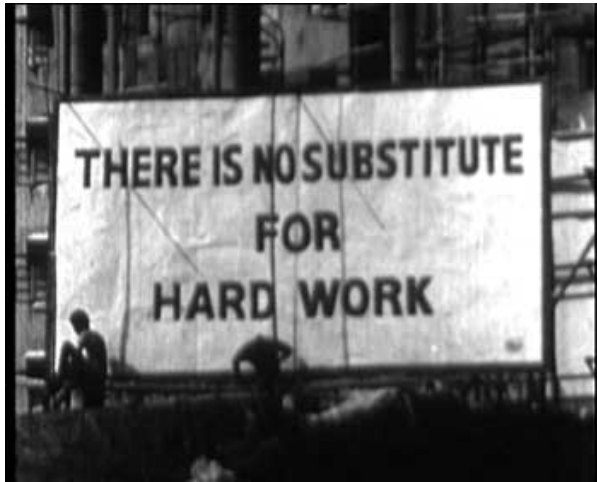
- Trying not to snack at all is generally futile, and takes so much willpower that it is doomed to failure from the beginning. Instead, replace all non-nutritious foods with healthy alternatives, so you can snack and not feel guilty.
- Coming home hungry creates the desire for fast meals, such as fast food and sodium-rich prepared foods. Use your resolve to motivate you to cook a few days or weeks worth of healthy meals at a time.
- Set aside time to cook healthy food.
- Purchase healthy eating cookbooks.

By using your willpower in these ways to create a sustainable environment, it is far more likely you will succeed at your goals. Just remember not to limit yourself too much. Willpower only lasts for so long, and expecting yourself to never give in is setting yourself up to fail.

Five Elements of Self-discipline: Number # 3 – *Hard work*

Teaching oneself to be more self-disciplined requires a series of very important steps, which should be seen as building blocks or elements to accomplishing one's goals.

Having already discussed the importance of acceptance and willpower, it is now time to turn the focus on hard work.



What is Hard Work?

In these times, it seems that hard work has become synonymous with “something to be avoided.” Everyone wants to get things done the easy way, with as little challenge as possible. Hard work constitutes anything which challenges you, and though there is almost always an easier way to

accomplish something, there often is not a better (read: more correct) way, or a way that is just as good.

Why Worry About the Challenge?

You may be wondering why it is not better to simply skip the hard work and do what is easiest. Have we not been taught our whole lives to “work smarter, not harder?” While it is true that we should find the most intelligent solution to a problem, it is also important to note that most everyone on earth is looking for the easy way out. By taking the harder route, you are not only exposing yourself to opportunities that others are not, but you are also opening yourself up to more fulfilling rewards.

As an example, take into consideration a gold mine that is in Africa. It is two miles deep, and was very difficult to dig. However, because the miners were able to put the hard work into the job, it is paying off, because though it cost many millions of dollars to create, it is now one of the most lucrative gold mines in the world. Taking the easy way

out, only sets us up for diminished results. If the miners had stopped after only a few hundred feet of digging, there would still be gold, unused and unknown, two miles under the Earth's crust. You truly do get what you put into things, and if you are willing to put hard work into all of your endeavours, they will likely have a much higher chance of success.

The Easy Part -- The easiest part of hard work is that it is completely universal. No matter what industry you work in or you are interested in developing, hard work always pays off. Making yourself more self-disciplined to follow through with the hard work is always worth it, no matter what you are trying to do. If someone tells you they have a "fast and easy" way for you to get rich, it is probably a scheme. Beware the fast track, as it usually only leads to pitfalls.

The last thing to remember is that hard work and acceptance are very connected. If you accept that you are going to have to work hard to achieve the things you desire, it will be that much easier for you to achieve them.

Five Elements of Self-discipline: Number # 4 - *Industry*

Along with acceptance, willpower, hard work, and persistence, industry is one of the main elements that contribute to developing good self-discipline. After examining the first three, we will pick up with an examination of industry, what it means, and how it can affect your level of self-discipline.



What is Industry?

Industry refers to the act of working. While being industrious does not always equate to working hard and doing something difficult or challenging, it actually refers to putting in the time necessary to accomplish the job.

What Makes Industry Important?

Throughout your life, there will be a number of times that you will have to do tasks that are not necessarily difficult or challenging, but that requires a significant investment of time and energy. It is important to make sure you have enough self-discipline to complete the number of minutes or hours, as the case may be, to complete the task; otherwise there are many tasks that will be left unaccomplished and much unfulfilled potential in your life. Some things that are very menial tasks that require a significant amount of industriousness include

- Grocery shopping
- Bill payment
- Education
- Reading
- Housekeeping
- Personal hygiene
- Child rearing

And many more! Imagine if you let all of these things slip because you did not have enough self-discipline to complete the tasks. Many things in your life would become huge problems, such as your health and that of your children for one. When we do not put the required time into the tasks that need to be completed, many small problems can become larger ones, and large problems become unmanageable. It is best to buckle down and complete the tasks while they are still small, rather than put them off because we do not feel like investing the time.

Cutting down the Time

Often, there are ways of minimizing the time that is needed to accomplish a goal. If there are steps that can be skipped without compromising the integrity of the finished project, by all means reducing the time spent is never a bad idea. If you can delegate the work to others and still have the same quality in the end result, there is no reason not to ask for help. However, often we must accept that the only way to get the job done is to, quite simply, just step up to the plate and get it done. There is an old adage that says “Starting is half of finishing.” There is more truth in this saying than many really understand. Often, starting a job really is half of the battle and once we find the motivation to do something, it is easier to keep the steam up until it is complete.

Keeping Track Of Productivity

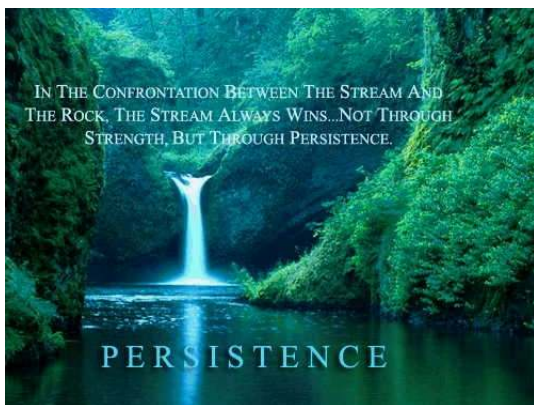
Though time is a constant factor in our lives, often productivity is not. If you can discipline yourself enough to be productive as much of the time that you are attempting to complete a task as is possible, you will be able to get more hours out of your days, literally. Finding out how to use your time effectively is a very important factor in industry. It does not do anyone any good to attempt something if all you are doing is wasting time instead of getting it done. Make yourself accountable. Keep track of your productivity, and you will find that the more you pay attention to the way you spend your time, the easier it will be to get more done in a time-effective way.

Five Elements of Self-discipline: Number # 5 - Persistence

The fifth and final element of self-discipline is persistence. After examining all of the building blocks that make up a person's level of self-discipline, it is easy to see how all of these pieces come together like a puzzle to help us achieve the things we desire in life. Let us take a moment to examine the final element, persistence.

What is persistence?

Persistence is the ability to maintain action toward a goal, regardless of emotions, setbacks, or even the threat of failure. Persistence keeps us hacking away at it, even when it seems like there is no way we will ever make it through, and it usually pays off in the end.



How is Persistence Important?

Often you will find that there are times in your life that you feel less than motivated to continue with something you are trying to accomplish. It is important to remember that all the motivation in the world will not accomplish anything; only action produces

results. While being motivated will help maintain the action that is needed to finish, ultimately it is persistence, not any level of motivation, that determines whether you reach your goal or not.

Persistence will ultimately provide its own motivation, if you stick with it long enough. As long as you keep initiating action, no matter how long it takes you will eventually get results. Results are very motivating. When we can see our plans coming to fruition, it is much easier to continue our work.

Knowing When to Quit

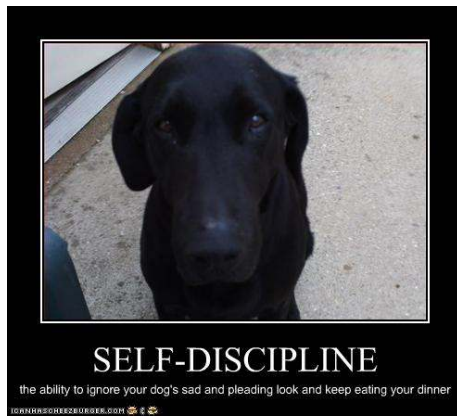
Persistence is a good thing, but not to a fault. It is important to make sure that you set a limit in your endeavours that provides for a time to give up if results have not been obtained. Simply continuing to take action with no results, at some point, becomes unproductive and unnecessary. Often we must stop, regroup, try again, or abandon something we were once very persistent about because part of being self-disciplined is to understand when to walk away.

Often, if we cling to the hope of completing the hopeless, we miss out on opportunities that can come along after we abandon the old. Here are some ways to identify when it may be time to throw in the towel and redirect:

- Is your plan still relevant to the goal? If not, you may need to stop, re-plan, and then begin again.
- Is your goal still relevant to your desires? If not, there is no shame in giving up on something because it is no longer what you want.
- Is your goal attainable? CAN you finish?
- Have you made sufficient enough progress to justify the time spent?

Being persistent does not equate to being stubborn. Simply continuing to chase after an unattainable goal because you refuse to give up on something may seem honourable, but in reality it is often just plain silly. If the result of your work is not efficient, relevant to your life, and reachable, there is no sense in wasting all of your time trying to get there. Instead, take the time you would have spent on the goal, and turn it into a more productive use of your time that will work toward a goal that fits your life better.

Why Develop Self-Discipline?



Why should you develop self-discipline? You're going to need it to be successful in anything you do, no matter what. Some may tell you how to do things and even how to think, but your self-discipline will help you to think objectively. When you face something that has unexpected obstacles and challenges your self-discipline will help to see you through and allow you to reach your goals.

You won't give up on a job until it's done, no matter what. Let's look at how this happens.

Those with self-discipline are aware of their thinking at all times. All of your emotions, your reasoning, and everything else come into focus. You can then decide on your actions based on your logical thinking and reasoning on these things and not just on the strongest emotion you feel at the moment. So you can keep exercising when you're tired or bored and keep moving on no matter what you're doing and how you're feeling at the moment. A self-disciplined person keeps going no matter how they feel because of how they think.

When you're tempted, your self-discipline will kick in. Of course it's best to avoid temptation in the first place. For instance, why tempt yourself with having an affair and ruining your marriage when it's better to avoid that temptation in the first place? Why see how close you can get and assume your self-discipline will kick in at the last minute? It's better to avoid temptations and challenges like that in the first place than to think you'll walk away when you need.

With self-discipline comes freedom. Maybe you think that freedom means living without rules in the first place, doing what you please and how you please. Think of when you were young, and as many people who are young would reason, life is short! Do everything you can to experience it now, because that's real freedom.

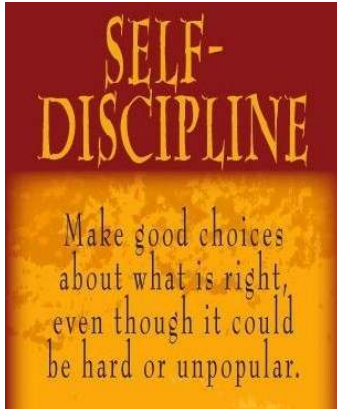
But is that type of life really enjoyable? Is it rewarding and fulfilling? All that life offers is a small bit of crazy fun but in reality, you are a slave to how you feel right at that moment and no further. You're not really choosing your own behaviour; you're letting your feelings dictate that behaviour to you. It's as if you don't even have free will or a choice but must just do what you're led to do. But if you choose the things you do, this is self-discipline.

And the more disciplined you are, the easier it is for you. Self-discipline is not about just denying yourself anything and everything—it's about choices. It's about being consistent with your behaviour no matter the surrounding circumstances. It's about putting your own self-interest and self-respect ahead of instant gratification. And once you start doing this and really get the hang of it, it then becomes easier for you.

Think of every area in your life in which self-discipline will help. You can work on increasing your finances, improving your health, and so on. Most people are just not disciplined which means you can beat out the competition for anything if you learn this trait. If you learn to do today what others are ignoring, you'll have tomorrow what they're missing out on! Getting from Point A to Point B means more than determination; it means discipline.

Yes, we all want things and we want them now. But instant gratification is something we need to think seriously about. If you can break away from how most people see self-discipline, you can be the one who comes out ahead!

Tips to Develop Self-Discipline



Admit it, you wish you had more self-discipline. Everyone does. Whether it's for a weight loss goal or just to get up and be more active and responsible around the house and family, self-discipline is hard to come by. As difficult as it is to develop, it's vitally important for career advancement, to improve your health and your physical well-being, to drop bad habits and develop new ones, and so on. Your success or your failure in these areas will often hinge on your own level of self-discipline. Most would admit that they have good intentions, but few would say those intentions actually lead to results. While this may not be something that has been learned throughout one's life, it certainly is a skill that can be developed. And as you get older and appreciate the importance of this skill, it may become even easier.

Self-discipline can be learned and developed, if you follow just seven simple tips. Let's go over them here.

Tip One: Looking at the Big Picture

When you think of your current lack of self-discipline, think of how this has probably developed over time. Children have little self-discipline and live for the moment, doing what they please. They react quickly to what they want, when they want it. A child is disciplined in order to teach him or her self-control. They learn not to react automatically to their immediate needs and also learn to delay their gratification. They can learn to understand how what they do now affects them in the future and also affects others around them. This means their behaviour can be structured and take into account its consequences.

Hopefully this thinking becomes a habit as the child gets older. When a parent rewards or punishes a child, that child can take into account those motivations as well, not just their

immediate desires. They want the reward more than the punishment, and soon these rewards come from sources in addition to parents. They are rewarded with good grades when they study, so they choose to do that rather than what they might like to do instead. So when we understand the consequences of our actions, we can then learn self-discipline. This gives us a choice as to what will motivate us.

Tip Two: Build Your Self-Discipline as You Go

When you want to build actual muscle, it takes time and constant work. Your muscles may be weak when you start out and you can lift only a small amount of weight for a few reps. You might feel some discomfort as you go and as you get used to this new routine. So it is with the new habits you need to develop in order to have more self-discipline; it will mean persevering with your routine and being patient as it takes time. Usually it takes a measure of willpower to continue to plough through, both for improving yourself physically and for your self-discipline as well. Of course it helps to keep your eyes on the long-term goals you have.

But as it is with a bodybuilder, this process becomes easier over time. Your muscles are more able to handle your routine and you become more accustomed to it. You'll become more committed to facing these challenges. As you focus on the goal, you'll see improvement and have more motivation so that it really does become a habit for you.

So think of the small changes you've made and how you've achieved something already through them. This will help you to face future challenges head-on. Start with just one habit that will have a marked result. For example, you can start to clean up your desk just a little every night. This will remove some clutter and you'll work in a more efficient manner. Do this every night for a week and continue for a month. Don't allow yourself to stray from this task no matter what. When the temptation comes to just go to bed without doing this, force yourself to do it even if you don't feel like it. Keep thinking about how you'll feel in the morning. And once that month is passed, give yourself some

commendation for what you've done and then remember that you can use this commitment and dedication and apply it to more lofty goals.

Tip Three: Mind Your Goals as You Go



You know now that you can make small goals for yourself and take small steps toward improvement. The next tip you need to remember is to take that thinking further and use the self-discipline you've discovered in order to make larger goals for yourself and to create loftier aspirations as well.

To make this easier, choose one area in which you'd like to improve. This might mean your career, your education, your family life, your health, your home, and so on. Perhaps you want to lose a few pounds, eat healthier, exercise more, and so on. Or you want to spend more time with your family in activities they enjoy, work on the house more often, or something along these lines. Choose just one area where you can begin and make sure your goal is manageable. If you choose something too lofty for yourself, you may be inclined to give up; save this for when you've developed even more self-discipline. So choose one thing you believe you can accomplish right now.

Understand what obstacles you may face along the way. You'll need more self-discipline than ever when you first begin. One problem many face when they first start out with changes is facing how tired they are or that they're under stress in other areas of life, and they use these things as an excuse to not go on. They may also downplay the problems they'll experience, such as saying that missing one workout won't hurt or splurging on a special treat won't matter. And when you're rushed and frazzled and very busy, those new goals and plans fall by the wayside. So you need to be prepared to face these things realistically.

Goals should be reasonable and they should be something you can measure. You might want to lose weight; how much and how soon? Just saying you want to be more active may not help you accomplish this. What will you do and for how long? When will you accomplish these things? Set goals that are tangible and workable.

Tip Four: Plan what you will Do, Specifically

PLAN FIRST!

Goals are good but you also need to plan for how you'll reach them. This means step-by-step plans and actions. If you need to lose weight, you might decide to cut out fast food from your diet entirely. You might also consider other specifics, such as spending 30 minutes on the treadmill five times a week and allowing yourself a dessert after dinner only on Sundays.

Remember that the actions needed to achieve your goals are not optional for you; you don't have a choice as to whether or not you're going to do these things. This is where self-discipline comes into play; every time you use it to keep up with your actions; you are then closer to your ultimate goal. But when you stray from those actions, the opposite happens and you move away from it. Remember that you control what you do and how you do it and when you do it, and when you keep this in mind. Then you know you'll have the life you really want.

Tip Five: Actions Have Consequences

Children often don't understand that actions have consequences and they fail to take them into consideration when it comes to their actions. They act on their emotions, they act on their physical condition, and things like these overwhelm any willpower or self-discipline they have. Adults can't behave this way, and you may need to set these things aside for your own self-discipline.

Use visualization so that you can overcome temptation. It can provide you with some much needed self-discipline. Think of what the consequences will be for you when you

stray from your goals. Use exaggeration to think of how severe those consequences will be. Think of the opposite as happening as well. When you consider losing weight you can then consider how you will look if you stray from your plan compared to how you'll look if you keep up with it. This can help you through until the temptation passes.

Tip Six: Be Fluid and Re-evaluate at Times

It's good to look back and reassess your progress at times. Give yourself a few weeks and then do this. Evaluate yourself, but do this objectively. See if you've been keeping up with your goals or not. Give yourself plenty of commendation if you have and remind yourself that now you're ready for greater challenges. As you do, you can then think about new goals you want to set next. When you assess your progress, you'll be better able to move on.

Think about difficulties you've had and think of how you'll stick to your plan this next time around. What were your strengths as well? How did you use resources to help you overcome obstacles and keep on to your goal? Think of times and circumstances you faced that made it more difficult for you to stick with your goal and think of what you'll do to face these again. You might need to be firmer against temptation, make better plans, and so on.

And as you experience success, build on that. Remember that self-discipline gets stronger as you go along. Remember that you have the power to make choices in your actions and those will affect you, for good or bad. Keep thinking of how a moment's pleasure is not worth stepping away from those goals and achieving what you want. Only self-discipline keeps you closer to having the life that you want.

Step-by-step Self-Discipline



If you can delay gratification you can typically accomplish more and gain more respect every single day. Anyone that is successful and that has the respect of others is typically someone that has made sacrifices to get that respect.

Of course some of us need to work on self-discipline a bit more than others. You may find yourself asking how someone can just make themselves do something they don't want to do or can stop doing something they no longer wish to do. How do they do it? What's their secret?

Let's look at some quick tips for developing self-discipline and you can find out for yourself.

1. Start with something small.

Usually it's best to start with something small when working on self-discipline. If you overwhelm yourself with lofty goals and ambitions then you'll become discouraged and may berate yourself as well. So instead of staying that you'll hit the gym five times per week from now on, say that you'll go walking a few times instead.

2. Take it one step at a time.

Don't overwhelm yourself with every goal and plan and improvement you want to make in life, not all at once anyway. Pick one thing and work on that and get it out of the way. Suppose you want to get more organized. Work on that for the time being; give yourself a set time and way of doing this and then concentrate on that. This can make you feel as if

you've accomplished something and are ready to work on the next thing you want to tackle.

3. Ignore outside criticism.

Sometimes our biggest obstacle is those around us. They may sabotage our efforts or do other things that get in the way of our goals of self-discipline. You need to either tune out those who would become an obstacle for you or even, in some cases, get them out of your life completely.

4. Prepare for your weaknesses.

Sometimes when we face our weaknesses we think we're just never going to make it. We start to label ourselves as stupid, useless, and so on. We feel as if we should just give up, as if we'll never reach those goals. This can lead to self-loathing. Usually it's good to get encouragement to get through those rough spots and move on. You might call this your sponsor, someone that can encourage you when you feel weak and find yourself giving in to temptation or that self-loathing feeling.

You can also help yourself in this way by stepping away from the situation. Engage in a favourite hobby or go for a walk. Do something that is creative and that will make you feel good about yourself.

5. Consider your life overall.

Your changes will need to fit into your life overall. You can't just insist that things go a particular way or that everything happen the way you want it to happen. Your family cannot be completely controlled; your schedule cannot be completely controlled, and so on. You need to make allowances for things that don't happen the way you want them to so that your life overall is considered.

6. Keep it to yourself.

Use some discretion when you want to talk about your goals and plans and changes you'll make. But sometimes this can backfire, if we experience problems and cannot handle things as we've planned. Or if others are not as approving as we thought, this might lead to them discouraging us overall. Use some discretion in this regard and think about making changes first, and then moving forward with how you talk about those changes with others.

7. Think about milestones.

Considering your milestones is a good way to encourage you along. You can note things in writing, such as how you feel as you progress. A diary can help or you can make note of changes that have occurred from your own self-discipline. This can help you to be determined to move forward with other changes you want to make as you see the progress and can also see the positive results from your increased self-discipline.

8. Keep track of your success.

How do you measure your success or your failures that mean changes are still in order? You can use grades but this might not be appropriate for everything. How are you at succeeding with your goals? When you need to make improvement, then make improvement. If things are going well then keep going as you know you're on the right track. But you need to keep track of your success somehow so that you know if changes should be made or if you are doing just what you should be doing.

9. Don't get discouraged by mistakes.

When you slip up, don't let this discourage you into quitting. Many dieters especially find this difficult. In a moment of weakness you may give in to temptation but does that mean you should just quit? Pick yourself up, dust yourself off, and scold yourself if necessary

but then get up and keep on going. Remember that this doesn't mean you've lost the war, just one battle. You need to keep fighting even when you've made mistakes along the way.

10. Give yourself rewards.

If you reward yourself along the way you'll have more reason to continue on your path. Choose something you like but something that won't interfere with your goals. A small treat or indulgence can help tremendously. You can find time for yourself to do something you enjoy or buy yourself something you love.

Remember that self-discipline may not be easy but it can be learned and it can be manifested, if you show determination.

When You Need Self-Discipline



If you need self-discipline, here are some quick pointers to keep in mind.

1. Stop negotiating with yourself. Stop thinking you'll do this or that if this or that happens. Just get up and do it!

2. Be realistic with your goals. If you're very sedentary now, you won't run a marathon this weekend. Be realistic so that you don't get

Self-Discipline

discouraged and give up altogether.

3. Why are you doing this? If you can remember why you're setting this goal or avoiding this temptation and think of how good you'll feel when you achieve something, you'll be able to get past immediate temptation. This will also keep you excited about reaching your goals overall.
4. Keep track of your accomplishments. If you give yourself some commendation on a regular basis you'll be more likely to enjoy cultivating self-discipline. This too will work as inspiration to keep going and achieving more.
5. Make yourself accountable to someone else. This means someone that will hold you to your goals and who won't accept lame excuses. Make a bet with him or her or outline what they should do if you fail! This will hold you accountable to those goals and keep you on track.

Adapting to Self-Discipline

Most people live in a state of denial when it comes to making resolutions and sticking to them. They make goals and then fail to follow through and this leads to a vicious circle of resolutions that are forgotten. However you can learn self-discipline so that you can stay on the right course.

Self-discipline means conducting yourself in a way that makes your resolutions come to fruition and helps you achieve your goals.

What are your intentions?

Your intention is your purpose or your desired result of actions. An affirmation is a way of expressing your intentions. So if you want to lose weight, you need to become passionate about this goal. Think of yourself as already weighing that amount, and think of how you'll achieve it and how long it will take. Give yourself a specific date and time to do this.

Make connections -- You need to connect all the things that will lead you to your goals. For instance, with weight loss that will mean connecting what you eat, how much you exercise, and things like these all together. You also need to connect the things you desire right now and the things you can delay for gratification. When you make the connection you can then determine how to use these elements in a way that will increase self-discipline and can understand what is hindering it as well. You can use it to create the list of things you need to do in order to achieve your goals. These elements all work together so that you can achieve what you want to accomplish.

Make your plan -- You'll need to know what you're doing every day so you can reach a particular outcome. Where are you now? If you want to lose weight your plan will mean exercise but of course that will depend on your current fitness levels. You can't just jump

into an hour of intense workouts every day from where you are today. So you need to know where you are now and then define your goals so that you are working progressively toward your goals.

Your plan will be unique and individual. You can create a plan but not always one that will allow you full commitment. Sometimes you'll need to modify the plan; don't let your ego or stubbornness get in the way of doing this! You can have someone help you with this as well.



Practice -- Use your goals as a guide but don't use them as the only thing that keeps you practicing. Give yourself an affirmation but once that is done, your goal will be over with and you'll need to move on to the next goal. When you practice without goals you're learning self-discipline. So practice is a very important part of this.

You'll need to be constantly dedicated in order to practice.

When you continue this it will soon become a habit. Habits are just natural for those who practice them. It then becomes effortless and self-supporting.

Celebrate your accomplishments -- Appreciate what you've done and celebrate it. This can mean appreciating the experience overall. If you forget to celebrate then you find the process of self-discipline painful and soon you need to push yourself harder and harder toward your goals. If you don't celebrate then all you're remembering are the difficulties you experienced in reaching for those goals. You can celebrate in any way that means something to you. Share what you've done with others and ask them to celebrate as well. You can also record things in a journal so you have good memories of the process. If you have a good schedule of working on your self-discipline and of celebrating your accomplishments as well then you will find it's a habit for you and not a chore.

How to Target Areas of Self-Discipline

Improving your character is important because your character is who you are. Showing self-discipline is going to be crucial here. It is the key to having good character. Self-discipline must exist in all areas of life. Without it, you cannot have success, whether personal or professional. With so many choices in life, we need to make the right ones that will give us what we want and help us achieve our goals. So to achieve self-discipline we need to:

- Accept our mistakes and learn from them. This isn't easy but it's the only thing that can help us to improve.
- Take steps toward change regularly. You must make changes to your everyday life in order to change yourself overall. You cannot compromise your resolutions no matter the pressures and influences felt outside.
- Always consider how you can continue with your self-improvement and focus on these areas.

There are many steps toward self-discipline. You need to accept your mistakes and accept reality as it is. For instance, when it comes to weight loss, you need to accept that it takes time to lose. You need to accept that you must have patience and keep on a regular program to lose. You also need to have willpower so you can resist temptation, and you must accept that this willpower comes from inside you.

Everyone needs to work on self-discipline in one area of their life or another. You may need to control what you eat, what you purchase, show more organization at home, and so on. If you focus on areas that need improvement and go from there, you're on the right path to improving yourself overall. So you may be successful in one area but may need help in another; this means you lack self-discipline in those areas and this is what you need to consider.

- Be sure you set goals that are attainable for you. Make sure you understand them so you can do them properly. If they're not attainable, don't even start working on them.
- Don't allow yourself exceptions to your goals and plans. Stick to your daily routine with changes, no matter what. Those habits will be ingrained but you can work on them, if you're prepared. Remember that slow and steady wins the race.
- Nurture your motivation so you can focus on your goals and start something new, but remember that you'll need discipline to finish it.
- Concentrate on your goals. Don't allow yourself to get distracted. This will keep you encouraged to reach your goals.
- Remember to appreciate your strong points as you work on your self-discipline. Concentrate on those habits you do have and how they work for you. Use those strengths to improve in other areas as well.

You're not going to improve your self-discipline overnight or even in a matter of days. It will take weeks and even months. However this is the only way to really improve yourself overall and to see that success that you know you deserve.

Exercises for Self-Discipline



Here are some exercises you can consider in order to improve your life through self-discipline:

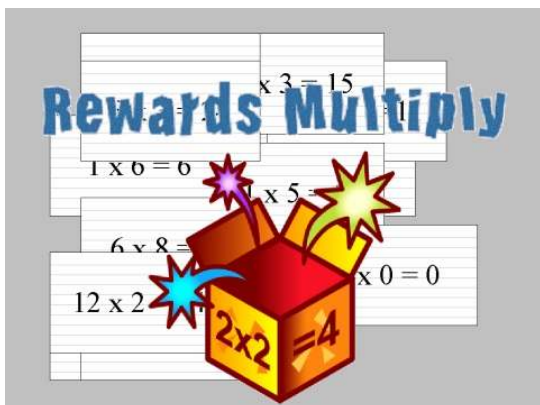
1. Think seriously about the person you want to become.
2. Think of three things you want to improve about yourself. Write out the specific steps you need to take to make those changes and improvements.
3. Name three things you know would bring value and interest to your life. These may be pursuits, hobbies, and so on. Write out what you need to do in order to make them more of a part of your life.
4. Learn from mistakes and bad experiences. Apply this learning to future experiences and progress you want to make.
5. Remember to always evaluate your progress as you go. Only if you do this can you keep yourself on track and improve. This should include your personal development in your relationships with others, your communication skill, your ability to adapt to change, and your overall contribution to the world in general.

Tricking Yourself in Self-Discipline

If you need self-discipline, you may be overwhelmed wondering how to get it. There is an easier route than just forcing yourself into it; let's look at some simple tricks and tips to do just that.

1. Just get started. When you just think about what you want to do, this doesn't help you at all. You need to get started on the process. Stop arguing with yourself and stop thinking about it; just get doing it! When you think about things over and over again, this creates stress. Then it becomes even more difficult to get yourself moving.

You need to take action in order for this to go away. Do something simple, such as organizing bills that need to be paid or measuring that room that needs to be painted. Take one step and then another and then another. You can find motivation for a small step, so do it! And do that step as soon as you think about it. Soon enough the entire project will become easier.



2. Find enjoyment in what you're doing.

When you enjoy something you can't get enough of it; you'll stay up nights losing sleep as you think about it. Enjoying something makes you energized to continue with it. You have more willpower and more desire to face it. As you associate good feelings with it, you'll find it's easier to

engage in it and discipline won't even be needed.

3. Be sure to reward yourself along the way. Every few steps, remind yourself of what you've done and reward yourself. Have a treat like ice cream or watch a favourite movie or take some time for yourself. Give yourself commendation along with the reward. As

you enjoy your successes you'll look forward to more and will want to keep repeating them as often as possible.

4. Think seriously about your own processes. Consider your temptations and the things that keep you from your goals. As you face temptation, ask yourself why you allowed it to be present with you in the first place. Why did you buy that cake when you're trying to lose weight? Why did you go out shopping when you're trying to budget? If you can avoid temptation in the first place it makes it that much easier to develop self-discipline and willpower.

And of course you do need to develop some willpower for when temptation does strike. Think of how you need to improve in this area; when and how does your resistance get low and what can you do to fight it? While the fight itself may take away from self-discipline you can learn from it. What motivates you? What are your strengths? How can you improve your weaknesses? By understanding these things you can then learn how to be successful.

Success and Self-Discipline



If you want to be successful, you need to learn self-discipline. This means being able to tell yourself what you should do and making yourself do it, whether you want to or not. This is an important trait to have when it comes to success.

Learning self-discipline means working at it. Make it a goal and a habit. Stand in front of the mirror and tell yourself that you're disciplined. You can increase your own confidence if you do this. Use some enthusiasm and conviction. Repeat this often so that you start to believe it even subconsciously and it becomes automatic to you. This way you'll adjust what you think and what you do and everything else so that it reflects this new self-discipline.

Think of yourself as already having this self-discipline. Consider yourself as someone that has it and keep this mental picture in mind. Use your imagination as you keep affirming this to yourself. Take a few minutes every day to tell yourself that this is who you are and remind yourself of your determination to be that new person. Pretend that you're acting in a movie if you must, as you learn self-discipline. Keep this up as a habit and you'll see that it soon becomes part of who you are as a person.

Share your new determination with others. This can help you to stay motivated as they give you support and keep you accountable. Don't share this with someone that may discourage you or accept excuses but if you keep up with those who are watching you, then you can continue on. And check your progress every day; this is the best way to success.

Building Your Child's Character with Self-Discipline Three Tools for Success



If you think your child lacks the self-discipline to become successful, you're not alone. If you're not sure exactly how you can go about helping your child develop the self-discipline he or she needs in order to grow into a responsible adult, try these three suggestions.

Assign Responsibilities -- In other words, give your child some chores. They don't have to be difficult or too numerous.

Toddlers can have the chore of putting their toys away. As they grow, they can learn to get dressed on their own. Early elementary students can learn how to do small chores, such as sweep the floor, set the table, and even take part in some of the cooking. Before you know it they'll be able to do the laundry, empty the trash, and help with many more household duties. By assigning chores to your child, you are teaching them how to take care of themselves for the rest of their life. You are also instilling self-discipline.

Give an Allowance -- Some parents may be unwilling to give children an allowance. Although there are some good reasons to not give an allowance, there are some definite advantages. Spoiling your child by not letting him or her earn the things they want will only serve to create adults who chronically complain. Allowing children to earn what they want will help instill self-discipline. Earning a toy or game is a lot more rewarding than just having it handed to them.

Set Goals -- Last, help your child set goals. The key to setting goals is that you have to set them within reach, yet not allow them to be unchallenging. The key to reaching any goal is consistent practice. Whether your child's goal is to play a certain position in baseball or football, learn spelling words, study for a test, or attend the college of their choice, everything is achieved through goal setting.

Character building is encouraged through these three activities. Doing chores independently, gaining their own earning power, and the process of establishing and achieving goals all help build character and in turn encourage self-discipline.

Self-discipline and Creativity

Creative minds are sometimes stereotyped as being irresponsible, aloof and disorganized. Very creative people tend to be playful and enjoy having fun. It seems as though all of these character traits are incompatible with the ideas of diligence, perseverance, and consistency.



This thinking is absolutely not true. Some of the most accomplished artists can thank outlandish ideas and playfulness for their success. Any good artist knows that hard work and diligence will pay off with a work of art. Any time an artist mentions their craft to other non creative types, the response is usually about how exciting the work is or how talented the artist is. Oftentimes the artist doesn't see the craft in the same light as outsiders do. To the artist, art isn't a necessarily all fun and games. Art is discipline and hard work. Long hours and lots of energy are spent creating the art. To the non artist, the creative people live in a fantasy land at where they are allowed to do as they please and everything is fun. Out of this fun and freedom comes art.

If it weren't for a creative person's self-discipline, no art would even exist. The process of turning an artist's conception into a tangible work requires much dedication and self-discipline. The artist job is to find a way for the ideas in his or her head to become a work of art that others will appreciate. In turn, the artist must also be pleased with the outcome of the work. Sometimes it is a challenge to transpose art from the mind to canvas. Without the ability and self-discipline that is required for turning an artist's conception into something concrete, the ideas are useless.

Playfulness and free spiritedness in creative minds helps not only with developing ideas, but also in making the work processes more enjoyable. An electrical engineer isn't necessarily stereotyped as a creative person, yet an electrical engineer will use creativity and designing intricate electrical systems. As they complete each phase of their project,

they feel a sense of relief. The work can be mentally and physically draining and the ability to work long hours without regard to time is most important.

Using mind tricks can aid the creative mind. Envisioning yourself in prison, where time doesn't matter, can help trick your mind into not rushing to get finished.

Creative people are willing to work day and night on a project. People with less dedication to their work are rarely willing to go this distance. When an artist feels creative, he or she has to go with that and not stop working unless it is absolutely necessary. Fear of forgetting the idea and the desire to finish the work are some possible reasons for this persistence. No matter what the source of this dedication, the non creative types continue to be bewildered by the perseverance and stamina of a creative person.

Self-Discipline in Finance

When it comes to financial matters, it is self-discipline that allows us to save money rather than spend it. Self-discipline helps us control impulse spending and is something that many of us have to learn the hard way.



When a person find him or herself with a large sum of money, impulse purchases are particularly likely. The need to save for the future is clouded by the need for instant gratification. Just about everyone has faced this problem at some time or another.

When it comes to making purchases, it's important to remember the old saying "Nothing lasts forever". Paying attention to the important things in life should outweigh spending on any material wants that will just be forgotten in the near future. That is not to say that you should deprive yourself. Putting a reasonable budget into place will make sure that you're able to satisfy your wants as well as plan for the future. Set financial goals for your life. You may want a new game, new car, a house, or a college fund. A responsible budget will help you realize these goals as well as have a little fun.

Always remember that your financial worth is directly related to your ability to resist impulse spending and save for the future. In other words, self-discipline is the key.

If your goal is financial success and you know that self-discipline is the key to financial success, you may wonder how you will be able to improve your self-discipline. There are several things you can do on your own to develop self-discipline. Outlined below are some common sense steps to take that will help ensure a stable financial future.

1. Resist impulse spending. Ask yourself if you really need the item. Consider how often you will actually use it. If in the end you can't justify spending on this item

at this point in time, allow yourself to make the purchase at some point in the future when it makes more sense.

2. Distinguish your wants from your needs. Be able to tell the difference between the two,
3. Choose a financial role model. Analyze what this person does in order to be financially successful. Try to mirror this person's financial actions.

Home Based Businesses and the Need for Self-Discipline



The need for self-discipline is paramount when running a home based business. Too frequently, people are intrigued by the idea of working from home in their pyjamas while making a small fortune. This is far from the truth. In fact, this thinking will only help you earn a few extra bucks, if that. If you are serious about running a home based business, the first thing you need to do is forget the idea of sleeping late and working

in your free time.

Only those who are truly motivated can be successful in running a home based business. Being your own boss means that you need to have the self-discipline to know when to get to work. While there are many advantages to working from home, there are also many distractions that can keep you from achieving your goal if you are not extremely self-disciplined.

Working among other people usually means that there is a supervisor overseeing everything that is happening on the job. Other workers also see if you are getting any work done. When you work from home you have no one to answer to except yourself, and you may be too willing to overlook your faults.

The truth is that you do have someone to answer to. Your products and services no doubt require customers. These customers are the ones who will notice if you are slacking.

Financial obligations such as loans insurance and other bills need to be fulfilled. If you are operating a home based business and lack work ethic required, you will also be answering to these businesses.

The successful home business owner is not only self-disciplined, but also has a great sense of time management. Breaking a large project into smaller pieces is a helpful in completing the large task at hand. Making a detailed to-do list is an important part of time management as well. Budgeting time every day and not working on too many projects at one time are key points in running an effective business.

Conclusion

As you can see, self-discipline is important in every walk of life. It helps us have more control of our lives and become better, more productive people. Self-discipline is one of the best tools you have, so make sure that you use it to the fullest.

With the power of self-discipline you can overcome any problem that you have, everything is achievable. So, take advantage of that, and enjoy life to the fullest.