

Learning Self-Discipline

Written by Lillian Chebosi
Tuesday, 13 March 2012 09:35

Volume 02, Issue 22: Learning Self-Discipline

Anything worth attaining takes hard work and discipline. Success is not cheap; it comes with a price. One of the prices to pay for success is self-discipline. It is what makes it easier for one to make the sacrifices that are required to achieve his or her goals.

We know what we need to do to get to where we want to be. But in the absence of self-discipline, we lack the stamina to rise up and do them. We take ourselves in circles with one excuse after another and wallow in mediocrity.

A life lived with self-discipline for pre-determined results is not an easy one, but there's none like it. Life avails us two options, to regret or to rejoice. And we get to do both. Our level of discipline determines which we live with.

Self-discipline lets us do what needs to be done irrespective of the mood. It is the ability to do what we know we should do, whether we feel like it or not. This means being able to do things that may be hard but necessary, while overcoming the natural urge to lazy around.

Self-discipline is the constant in the success equation that we cannot do without. People who make it in life, whether becoming wealthy, running successful business empires or being esteemed and respected by others have mastered the art of self-discipline. They focus their minds and energy on things that contribute to the attainment of their objectives.

Self-discipline is a personal responsibility, an act of the will. It is about conquering oneself. Self-discipline is one of the most important success skills we will ever learn. If we master it, we will become increasingly productive and able to accomplish much more in life.

Self-discipline is the key to harnessing the full potential of our gifts. It is what makes us do all that we need to do to develop our gifts. It affords us an unwavering focus in advancing our gifts, elevating us to stand a shoulder above the masses.

What do you want to be outstanding at? Develop the necessary disciplines around it. Create a routine and stick to it, and be sure to reward yourself when you do well.

Lillian Chebosi