

Discipline

Written by Marleen Verkerk

Release date: 12th of February 2023

What is self-discipline?

Self-discipline is the ability to control one's own thoughts, feelings, and actions in pursuit of long-term goals and values. It involves regulating one's own behavior in order to achieve personal and professional objectives, despite distractions, temptations, or other obstacles. Self-discipline requires persistence, determination, and the ability to delay gratification. People with strong self-discipline are often able to maintain their focus and make consistent progress towards their goals, while also avoiding impulsive or self-destructive behavior.

How can you be more disciplined?

Here are some tips that may help you become more disciplined:

1. **Set clear goals:** Define what you want to achieve, both in the short-term and long-term. Write down your goals and make a plan to reach them.
2. **Create a routine:** Establish a daily routine and stick to it as much as possible. Having a set schedule can help you maintain discipline and focus.
3. **Eliminate distractions:** Identify the things that distract you and try to eliminate or reduce them as much as possible. This could be anything from social media to a cluttered workspace.
4. **Use self-control:** Practice self-control in everyday situations. For example, if you have a goal to exercise every day, don't let a busy schedule or fatigue stop you from doing it.
5. **Reward yourself:** Set small goals and reward yourself when you achieve them. This can help you stay motivated and build momentum.
6. **Practice mindfulness:** Pay attention to your thoughts, feelings, and actions. This will help you better understand what drives you and make it easier to regulate your behavior.
7. **Surround yourself with positive influence:** Surround yourself with people who have similar goals and values. Being in the company of like-minded individuals can help you maintain your focus and avoid temptations.

Remember, building self-discipline takes time and effort, and it's okay to slip up sometimes. The important thing is to keep trying and never give up.