

The Power of Self-Discipline – The New Psychology of Success

MINDMAP

Self-discipline is the foundation of success

What do most successful people have in common? Self discipline.

Self-discipline is a quality that can be developed by having a clear idea on what we want and then ensuring the desire to succeed is greater than the consequences of not doing it.

What is Self-discipline?

- According to American writer and philosopher Elbert Hubbard, self discipline is “the ability to do what you have to do, when you have to do it, whether you feel like it or not”
- Self discipline is a life skill that is essential to succeed in any endeavor.
- Intense FOCUS on ultimate goal
- Allowing one’s self to remain MOTIVATED as one pushes towards the goal.
- The ability to push forward no matter how you feel or what others say or do
- The ability to COMMIT

Common myths about self-discipline

- Hard to achieve
- People are BORN disciplined
- Self-discipline doesn’t involve emotions
- Self-discipline is an ordeal/punishment

How to achieve sustainable self-discipline – 7 key techniques

- Identify your goals
- Be prepared for temptations
- Establish a daily motivation base
- Turn discipline into a habit
- Get Enough Quality Sleep
- Stay positive!
- Surround Yourself With the RIGHT People

Discipline through CLEAR GOALS

- If you want to achieve self discipline, you must have a clear vision of what you want to accomplish.
- Clear goals motivate
- You feel good as you get closer to your goals
- You conserve energy / you are less confused
- **Key tips: Visualize / Focus**

Be Prepared for Temptations

- Set up “if then” statements that guide you through temptations
- You are prepared when temptations arise
- You remain on track since you REMIND YOURSELF of where you’re headed
- Conserves focus / energy / will power

Establish a DAILY MOTIVATION BASE

- Focus on establishing a PROCESS you stick to
- Focus less on outcomes but more on sticking to the process
- Eventually, you will stick to the process AND produce outcomes
- Process focus turns to HABIT
- Process provides MOTIVATION

Turn Self-Discipline into a HABIT

- The more you repeat something, the higher the chance it will become a habit
- By focusing on the PROCESS, you get to turn the process into a HABIT
- You scale up over time
- 21 days or 60 days... it doesn’t matter, just stick to a new routine and it will eventually stick if you stay with it long enough

Get 8 Hours of Quality Sleep

- Sleep RECHARGES your will power
- Focus first on DURATION
- Focus on QUALITY (deep or REM) sleep once you have duration locked down
- Feel refreshed and reinvigorated

Stay Positive

- Always look on the BRIGHT SIDE
- Focus more on what you stand to gain
- Allow yourself to get pumped up by possibilities
- Focus on how far you’ve come since the beginning
- Be mindful of your state of mind – it has consequences

Hang out with the RIGHT PEOPLE

- Hang out with self-disciplined people
- They can hold you accountable
- You absorb the values of the people you hang out with