

Self-discipline is a core value

The definition of self-discipline is the correction or regulation of oneself, for the sake of improvement. The second definition is the power to control one's actions, impulses and emotions. And the definition of power is the capacity or the ability to influence the behavior of others.

“Every single person on the planet has power. Now the ability and how big and how wide you go with it, that’s up to you.”—Elena Cardone

For example, when you’re having your groceries bagged for you, if you can look at somebody and smile, and then they reciprocate with a smile, you have power. You just have the capacity to influence the behavior of somebody else. So don’t take even the very littlest things for granted with regards to power.

Self-discipline is necessary. There are days when you don’t feel like doing something and you aren’t motivated. Self-discipline will get you to do consistently over time what you need to do even when you don’t have motivation. And once you do something consistently over a period of time, you build confidence and trustworthiness.

Start off with the small, simple challenges to get something done. Do it consistently. And do it over time.

When you’re going for big goals in life, you need to set little sub-targets for yourself. Then hit those small targets that you can achieve. In this way, you will grow self-discipline and the confidence in yourself that you are competent.

It’s that simple.

What drives us to fulfill our intentions and meet our goals even when we’re not motivated to do something

In summary:

Self-discipline enables you to postpone pleasure, or tolerate discomfort when you want to achieve a goal.

Don't forget to celebrate your wins! Ignore the losses because your losses are only there as a correction or regulation of yourself for the sake of improvement going into the future. It is an opportunity to regroup and pivot.

Self-discipline is a tool that you're going to use to help you achieve your goals.

Why is self-discipline so important?

1. Self-discipline helps you set a high standard for yourself
2. Self-discipline pushes you to always be efficient, competent and persistent even when you're ready to surrender or give up
3. Self-discipline builds your belief and confidence in yourself. You're committing to self-discipline *for yourself*. Building self confidence in yourself develops your own personal sense of trust. When you have this for yourself, other people will see and want that of you as well.

When you have to complete a task that is difficult to get done, it might be simply making the right decision when you're confronted with a temptation, which can come in any form tries to lure you into the path of destruction. You will have to trust in yourself and you will use your discipline to hold yourself accountable.

How to attain self-discipline?

You need to practice self-discipline like any other muscle by *doing it*. The more you work on it, the stronger it gets

Steps toward self-discipline

1. Choose a goal
2. Write it down every day
3. Break it into smaller sub-targets
4. Write down the reasons why you want to accomplish this goal
5. List the obstacles that you will encounter when working towards achieving this goals
6. Develop a plan to overcome those obstacles

What are your bad habits?

Look at your bad habits. What are your bad habits?

Replace those bad habits with good and productive ones

Keep track of your progress and advancement

Avoid distractions and temptations. [Don't get sidetracked with a hater.]

Don't let setbacks deviate you from your plan to achieve your goals. **If you fail, forgive yourself and move on.** Use your self-discipline to continue to stand up and to fight for your goals and your dreams.