

The background of the entire image is a photograph of a person standing on a dark, rocky coastline. The person is seen from behind, with their arms spread wide to the sides, palms facing forward. They are looking out at a large, powerful ocean wave that is crashing and splashing high into the air. The sky is a clear, vibrant blue. The overall mood is one of triumph, freedom, and embracing a challenge.

The POWER Of DISCIPLINE CHECKLIST

KEY TO UNSTOPPABLE
PRODUCTIVITY & SUCCESS

The Power of Discipline

Checklist

Most of us hate rules! When we hear the word ‘discipline,’ we are automatically reminded of convents and boot camps. Who doesn’t love living each day, as it goes, without any rules? Of course, there are joys that can be experienced by living a carefree life! But if you want a life filled with happiness, that can be sustained, you need to bring in some rules. This checklist will run you through the simple steps and strategies to incorporate discipline as part of your life can help you improve the quality of your life and sustain your happiness!

Module 1: The Art of Discipline

Through this chapter, I hope to throw more light on what discipline entails, especially what discipline and self-discipline is all about and how it can help you to achieve success.

Why do we need discipline?

We are part of a generation, which likes living each day on its own terms. We shy away from rules and aspire to live each moment to its fullest, without any restraint.

Have you always been puzzled as to why your results are never commensurate to the amount of effort that you put in? The answer to these above questions could be the lack of discipline. The reason why some of us fail to meet our targets, despite our best efforts, is because we lack the discipline. Again, as I said before, do not look at discipline as a negative element of your life.

What is self-discipline?

Self-discipline is nothing but the ability to control one's thoughts, actions, emotions and behaviors. With self-discipline, you will be able to control your impulsive reactions. By exercising self-discipline, you are consciously letting go of the need to be immediately gratified or upset by your surroundings! It is a conscious effort to hold back your emotions and not react immediately. In other words, self-discipline is all about being in control of your life and reaping the maximum benefits from it.

Ingredient for success

Self-discipline plays an important role in helping you achieve success in whatever you do. It helps you hit the mark in the following manner:

When you are disciplined, your tolerance levels are increased.

Discipline automatically tunes your mind to keep trying, despite failures.

Discipline helps you stay focused on your target. When you are focused, you will be in a better position to put in your best efforts.

Another important quality required for chasing success is the ability to maintain a calm and composed head all the time.

Getting started

Including discipline into your life is not an unpleasant experience, contrary to popular belief. It is all a matter of perspective. You can look at discipline as a set of rules and dismiss it, only to regret it later. Or you can look at it as an opportunity to align your life with your goals, aspirations and passions!

Module 2: Benefits of Self-Discipline

Practicing self-discipline can most certainly help you alter your life in so many ways! It can improve the quality of the various spheres of your life, at the same time. Some of the top benefits of self-discipline are as follows:

- Helps in achieving success
- Improves your personality
- You will start believing in yourself
- Helps in improving relationships
- Improves your mental clarity
- Helps you appreciate life better
- Helps you let go off your addictions
- Inculcating good habits
- Control your stress levels
- Increased energy levels
- Lead a healthy life

Module 3: Why Poor Discipline Can Destroy You

To motivate you to practice self-discipline, here are some important effects of lack of discipline. You will be surprised to see how lack of discipline can affect the quality of your life, in so many ways.

- On the path to self-destruction
- Self-interest
- Lack of responsibility
- You feel agitated
- You will be constantly criticized
- Low self-esteem and self-confidence
- Pessimism
- Poor health
- Lack of productivity

Module 4: 7 Strategies to Build Unbreakable Self-Discipline

Here are some tips/strategies to help you build your self-discipline and get rewarded in the long run. A word of caution, you may not be able to implement these tips in the most perfect manner from day one itself. There will, of course, be some resistance while implementing these changes. Give it some time and be patient, you will definitely get there!

- Learn to take stock of your weaknesses
- Come up with an action plan
- Stay committed
- Learn to prioritize
- Increase your tolerance levels
- Come up with a sound reward system
- Review your progress

Module 5: How Highly Successful People Develop Powerful Self- Discipline

In this part of the book, we are going to look closely into how self-discipline has quite possibly been the single most common trait among successful personalities from all walks of life. For this, I have singled out some eminent and highly accomplished individuals, who have contributed so much to their respective fields by their success. Their success stories have made their names synonymous with their profession/ industry.

- Arnold Schwarzenegger
- Jack Ma
- Serena & Venus Williams
- Michael Phelps
- Warren Buffet

Module 6: The Superiority of Discipline Over Motivation

Finally, it is important that you understand why being disciplined is more important than being motivated. To simply put, being disciplined can impact your life in a more effective manner than being motivated.

Let us look at some of the important reasons as to why discipline is superior to motivation.

- Duration
- Stability
- Impact
- Energy required
- Promoting consistency
- Sustainability