
Discipline is Very Important!

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When working toward goals or striving for success in any endeavor, self-discipline is one vital quality you need to have. Most of us cringe at the thought because it brings to mind instant visions of sacrifice, difficulty and strain.

However, discipline doesn't have to be so hard. The problem occurs when you try to go from having no self-discipline to forcing yourself to undertake a heavy load of responsibility. Talk about pressure!

One most important step in change is to change your attitude about discipline. One reason you may not be disciplined is because you think the activities or chores you need to do will be unpleasant in some way. The most common reaction to thoughts like that is to put the activities aside or avoid them until you feel ready to handle them.

Instead, pump yourself up and get motivated to get them done as soon as possible! Look forward to the challenge and keep affirming how great you'll feel when you're finished. Focus on the sense of personal accomplishment you'll gain with every task and you'll be much more likely to stick to your plans.

Discipline isn't that degrading right? It could improve your lifestyle! Trust me!