



SELF-DISCIPLINE: THE REAL 'SECRET' TO SUCCESS

"Discipline is the bridge between goals and accomplishment." – Jim Rohn

Being self-disciplined is half the work done as it catapults people to become achievers in life. It is required everywhere for e.g. in the world of sport the relentless pursuit of excellence as reflected by the likes of Federer, Nadal and Bolt is a testimony for this. Just like you need oxygen and food to live, you need self-discipline to achieve your goals.

For a student, self-discipline is to **learn new things on daily basis**, and the cumulative effect of daily sustained learning will naturally be seen in the examination. It basically requires toughness with oneself so as to overcome deviations and desires. This tough love with yourself is actually the greatest gift to yourself because it is due to self-discipline only that you can make your life meaningful and rewarding.

Self-discipline makes the entire difference between winning and losing. But, despite the overwhelming consensus on its value, it is hard to go through a day without seeing examples where people simply refuse to discipline themselves. For e.g. *people know that being overweight is bad, yet they cannot resist high calorie food and thus the ranks of the obese continue to climb.* This happens because people **often rely on**

excuses which become biggest hurdle when it comes to achieving goals; they always look like the easiest thing to do, but in the long run they are going to hurt you.

The **positive side** is that **anyone can become self-disciplined**, as **it is a skill** and not a trait, so it can be developed and inculcated in daily behaviour. The **rough side** is that it **cannot be obtained overnight**; you need to work on it every day. Just like a muscle, you have to train it every day to make it stronger.

If you are looking to take control of your habits and choices, here are some powerful things you can do to master self-discipline, and to live a happier life:

Acknowledge your shortcomings, whatever they may be. Often people either try to pretend their vulnerabilities don't exist or cover up any pitfalls in their lives. So **own up your flaws, pen them properly** and **paste them as daily reminder**.

Set yourself up for success by **removing bad influences**. The fewer distractions you have, the more focused you will be on accomplishing your goals. If you want to improve your