

THINK SIMPLE - A KNOWLEDGE FROM THE DESK OF MUSTANSIR

SELF DISCIPLINE

Quote: *Be the change you wish to see in the world* – Mahatma Gandhi -

Discipline is a pathway to creativity. The most important variable in behavior change is forcing yourself to behave differently than you feel. One thing that discipline definitely does help you with is it helps you get things done. People think living a disciplined lifestyle withholds you from freedom, actually it is the exact opposite. You have freedom because you are disciplined.

Self-Discipline starts with self-love. Begin scheduling your entire day from the moment you wake up to when you are sleeping at night. It is difficult to bring change, begin with something small. For example, if you want to lose weight, just start walking every single day. Don't worry about counting calories, don't worry about complex workout, just start walking. We all know that there are far more factors to consider, but what it will do is create a virtue of discipline and commitment.

As a person, you may have all the required qualities for success, but if self-discipline is not mastered, success is not guaranteed. Poor self-discipline can let you down anytime, even just before arriving at your destination that is what you are just about to accomplishing your goal. *Earl Nightingale noted "If you will spend an extra hour each day studying your chosen field, you will be a national expert in that field in five years or less."* You still have a lot of time to make yourself be what you want.

Self-discipline is about doing what you should do, at the time it should be done even when you do not feel like doing it. If you are required to go to the gym, and you feel like not going, only discipline will push you to go. *"As Daniel Pink said, people fail to achieve mastery not because they aren't talented, but because they aren't disciplined."*

NEVER DOUBT YOURSELF. DOUBT KILLS MORE DREAMS THAN FAILURE EVER WILL.