

Self Discipline

There are many important qualities that contribute to our happiness. How often have you said to yourself “I can't do this”? A 2013 study found that people with high self control were more capable of dealing with goal conflicts and did not allow their choices to be dictated by feelings or impulses.

Imagine what you could accomplish if you could only follow through on your best intentions. Despite what you may think self discipline is a learned behavior. It is something that requires practice and repetition in our every day life. Think about this. When you choose to, you can hold your breath even if only for several seconds. All of us have self discipline, but not all of us have developed that ability.

So, you ask, how do you develop self discipline. You do so by first tackling small achievable challenges that you can successfully complete. You cannot transform your entire life and yourself overnight. You do so by progressive steps. What area of your life do you think is the weakest in terms of self discipline? Decide how strong your discipline is at this moment. Which challenges are easy for you and which are too hard for you? Then start to practice self discipline in the weakest area of your life.

Do you have the willingness to do what appears to be difficult? What will your life look like with self discipline and how might it change?