



LESSON: SELF CONTROL

SELF CONTROL



DISCIPLINE

"IN READING THE LIVES OF GREAT MEN, I FOUND THAT THE FIRST VICTORY THEY WON WAS OVER THEMSELVES...SELF-DISCIPLINE WITH ALL OF THEM CAME FIRST."

- HARRY S. TRUMAN

Discipline

- Training that is expected to produce a specific character or pattern of behavior.
- Training that produces moral or mental improvement.
- Controlled behavior resulting from disciplinary training
- A systematic method to obtain obedience
- A state of order based upon submission to rules and authority



**THE DIFFERENCE BETWEEN
WHO YOU ARE & WHO YOU WANT
TO BE
IS WHAT YOU DO**

DISCIPLINE

~ quality of being able to BEHAVE and WORK in a controlled way which involved obeying particular rules or standards.



SELF DISCIPLINE

~ is the ability to get yourself to take action regardless of your emotional state.

~ Ability to control yourself

In other words, self-discipline is training **yourself to be better.**

Avenues



Self Discipline begins
at **HOME**



Now to the **SOCIETY**



Then nurtured and
strengthened by your
FUTURE

Self-discipline is like a muscle. The more you train it, the stronger you become. The less you train it, the weaker you become.





ACCEPTANCE

Could a greater miracle take place than for us to look through each other's eyes for an instant?

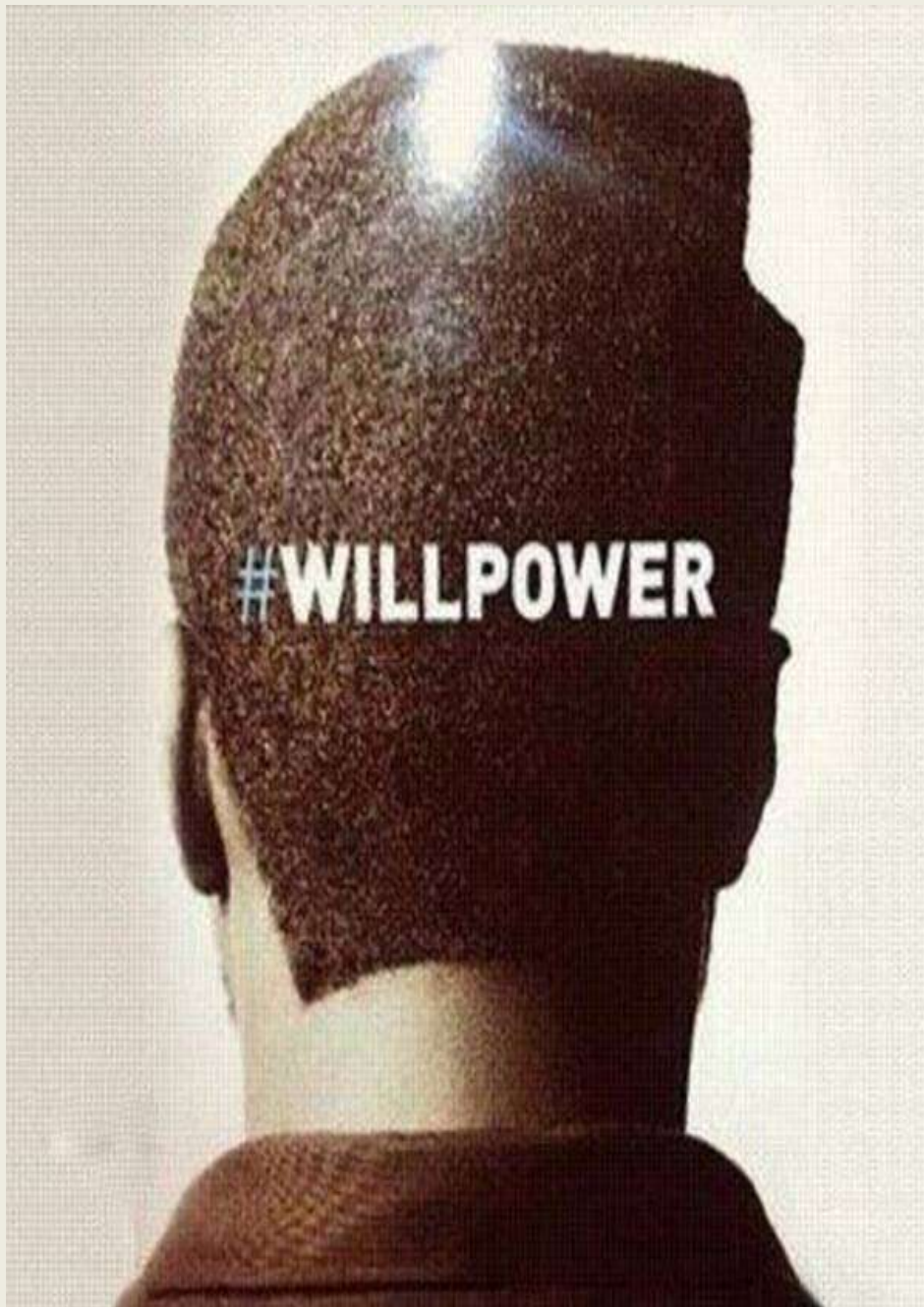
— Henry David Thoreau

ACCEPTANCE

~ most basic challenge people face. They fail to accurately perceive and accept their current situation. It is important to identify an area where your discipline is weakest. Assess where you stand right now. Acknowledge and accept your starting point, and design a program for yourself to improve in this area.

Acceptance means that you perceive reality accurately and consciously acknowledge what you perceive.

!? The most basic mistake people make with respect to self-discipline is a failure to accurately perceive and accept their present situation



WILLPOWER

~ is your ability to set a course of action and say, "Engage!"

~ is a concentration of force. You gather up all your energy and make a massive thrust forward.

~ it is the inner strength to make a decision, take action, and handle and execute any aim or task until it is accomplished, regardless of inner and outer resistance, discomfort or difficulties

!?! One concern is WILLPOWER easily wanes

The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will.

- Vince Lombardi



HARD WORK

- ~ habitually working diligently and for long hours.
- ~ is that which challenges you.
- ~ attentive and persistent in doing something
- ~ the willingness to do what is difficult is like having a key to a special private treasure room.

The big secret in life is that there is no big secret. Whatever your goal, you can get there if you're willing to work.

- Oprah Winfrey



INDUSTRY

~ is working hard.

~ simply means putting in the time

~ Self-discipline requires that you develop the capacity to put in the time where it's needed and to do it **CORRECTLY**

Industry is developing the capacity to put in the time and effort.

!?! A lot of messes are created when we refuse to put in the time to do what needs to be done



PERSISTENCE

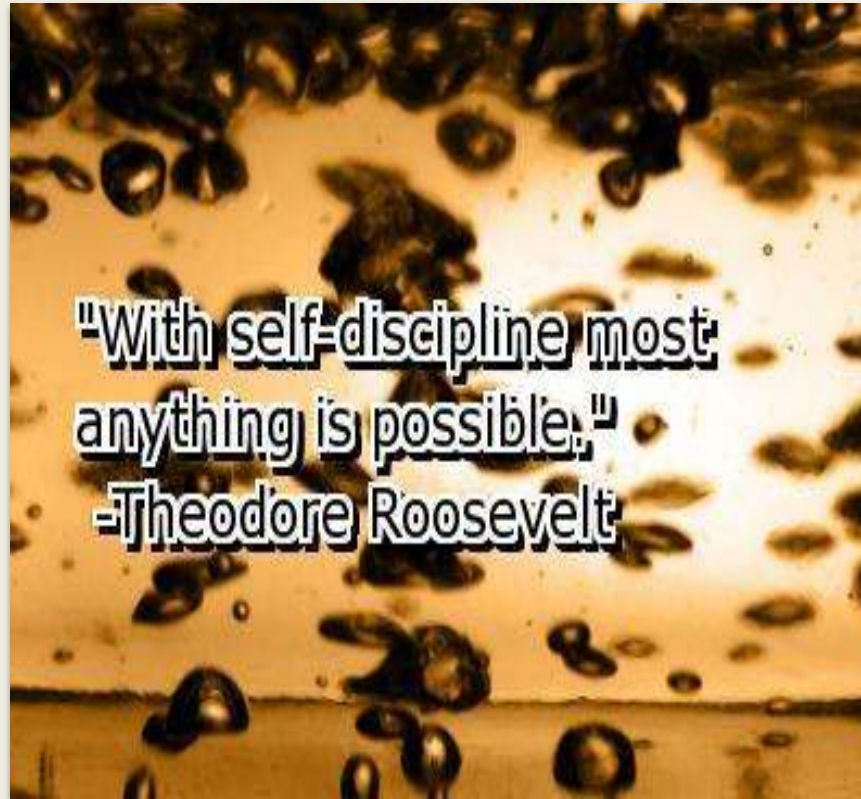
Achievements are the accomplishment of persistent individuals
Keep Your Head To The Sky...

PERSISTENCE

~ is the ability to maintain action regardless of your feelings

Persistence allows you to keep taking action even when you don't feel motivated to do so, and therefore you keep accumulating results.

!? The most basic mistake people make with respect to self-discipline is a failure to accurately perceive and accept their present situation



"With self-discipline most
anything is possible."
-Theodore Roosevelt

Four steps
to
develop
Self
discipline
in your life



Self-discipline becomes very powerful when combined with:

- ❖ goal-setting
- ❖ passion
- ❖ planning.

ACTIVITY / ASSIGNMENT

Write down your goals once again and make sure that you do everything in your power to stick to them.

Always finish any task you set before moving on to start another.

For some, the thought of setting a goal may be overwhelming.

Reach out for support so you too can experience the satisfaction of achieving a goal that is important to you.

SALAMAT PO :

- http://www.huffingtonpost.com/shayne-hughes/self-discipline_b_2853162.html
- <http://www.lifehack.org/articles/lifehack/five-pillars-of-self-discipline.html>
- <http://www.citehr.com/285492-five-pillars-self-discipline.html>
- <http://selfdisciplinehowto.com/pillars-of-self-discipline/>
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