

DISCIPLINE IS THE KEY TO FREEDOM

Make a point to do something everyday that you find challenging.

An important quality we should develop in our lives is "self-discipline". With discipline we learn to embrace positive attitudes that say: "I do this for me because I love myself and trust that I can be so much more..." Self-discipline is a sign of maturity. Only through discipline can we accomplish our goals and dreams and can we become happier and more fulfilled human beings. Discipline transforms our attitude to: "I CAN DO IT!" Many times we want to rebel against discipline; we may feel that discipline creates too many limitations for us and that it blocks our creativity and our desire to do whatever we want - and please - whenever we want. We may feel that it blocks our freedom. But, the opposite is true.

Discipline is necessary to learn to use our time wisely; to learn to do and create more positive things in our lives; it gives us structure and helps us become better organized, more responsible, more creative, and more focused on what we want to accomplish and where we want to go. It teaches us self-mastery.

Discipline glues commitment to our goals, and structures the pathway that makes our dreams come true. It is intention put into action. We have to remember that we are the "architects" of our lives and that in order to live happy and fulfilling lives it is important for us to learn self-discipline and self-control.

"SELF-DISCIPLINE IS THE ABILITY OF THE INDIVIDUAL TO ADHERE TO ACTIONS, THOUGHTS, AND BEHAVIORS THAT RESULT IN PERSONAL IMPROVEMENT INSTEAD OF INSTANT GRATIFICATION. A LACK OF SELF-DISCIPLINE IS THE MAIN REASON FOR THE FAILURES WE EXPERIENCE IN BOTH OUR PERSONAL AND PROFESSIONAL LIVES. IT IS ALSO THE UNDERLYING REASON WE EXPERIENCE DISEASE, OBESITY, FINANCIAL RUIN, AND RELATIONSHIP PROBLEMS ON A NATIONAL LEVEL."

- Michael Janke



"SELF DISCIPLINE IS SOMETHING WE ALL NEED BECAUSE IT IS A VITAL CHARACTERISTIC OF SUCCESSFUL PEOPLE."

When you want what you've never had, you must learn to do what you've never done...

Allowing yourself to learn discipline is a way to get those things.

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PUSH YOURSELF TO THE LIMIT
DON'T QUIT

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“It is not enough to have great qualities; we should also have the management of them.”

La Rochefoucauld

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From the book *Power Living-Mastering the Art of Discipline*, author Michael Janke mentions that in order to begin combating the virus of excuses, we must take a good look at some of the more common problems that exist in our lives and the excuses that we use to justify them. One of the most effective methods that you can use to identify the problems that exist in your life is to make a detailed list of your problems and excuses. By writing down this information you are able to take an objective look at what viruses are affecting your personal operating system.

Once we begin to consciously recognize the excuses we use to justify the circumstances in our lives, we can focus our efforts towards fixing the real problem. Before we can develop the power of self-discipline, we must first take an honest and direct look at the excuses we use to justify our problems and poor daily performance. Keep in mind that as human beings we will always make mistakes and blunders, but it is through the power of self-discipline that we are able to diminish their impact on our lives.