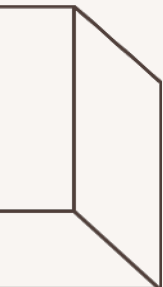




# The Power Of Discipline

How to Build Good Habits and Break Bad Ones

**Daniel  
Wentworth**





# Table Of Contents

Chapter 1: The Art of Discipline	4
Chapter 2: Benefits of Self-Discipline	12
Chapter 3: Why Poor Discipline Can Destroy You	21
Lack of responsibility	24
Chapter 4: 7 Strategies to Build Unbreakable Self-Discipline	31
Chapter 5: How Highly Successful People Develop Powerful Self-Discipline	41
Chapter 6: The Superiority of Discipline Over Motivation	50
Conclusion	58
You will feel discouraged midway!	60

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## Most of us hate rules!

When we hear the word 'discipline,' we are automatically reminded of convents and boot camps.

Who doesn't love living each day, as it goes, without any rules?

Of course, there are joys that can be experienced by living a carefree life!

But if you want a life filled with happiness, that can be sustained, you need to bring in some rules!

And there is no necessity that rules are always bad. You won't believe how incorporating discipline as part of your life can help you improve the quality of your life and sustain your happiness!

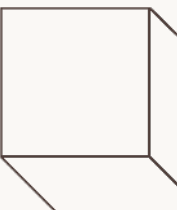
I encourage you to not be immediately put off by the idea of adding some discipline to your life.

I am sure that this video course will give you a fresh perspective on discipline and help you realize how it improves your life!

Hence, I strongly urge you to stay patient until you finish this video course. Your patience will duly be rewarded!

The first chapter of this video course deals with the art of discipline and how it is an important ingredient for achieving success. The second chapter highlights the various benefits of incorporating discipline as part of your life. The third chapter stresses on how lack of discipline can damage your life.

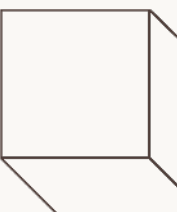
The fourth chapter focuses on strategies or tips that can help you incorporate self-discipline. The fifth chapter of this book talks about famous celebrities, who have incorporated discipline as part of their lives. Finally, the sixth chapter throws light on why self-discipline is better and more important than motivation.



## **The Power Of Discipline**



I have created MP4 videos as well as MP3 audio files to compliment this course as an aid to help you learn to be more disciplined and learn faster by employing the synapse of the brain to emotionalize your learning for better memory retention. I recommend that you purchase the video course or the audio version as a supplement to this text version. It will be a great aid to you for getting your subconscious mind to understand that it must assist you to become more disciplined.





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# **Chapter 1: The Art of Discipline**



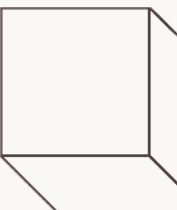
In this chapter, we'll throw more light on what discipline entails, especially what discipline and self-discipline is all about and how it can help you to achieve success.

# Why do we need discipline?

We are part of a generation, which likes living each day on its own terms. We shy away from rules and aspire to live each moment to its fullest, without any restraint but lack responsibility, we have been conditioned by influences beyond our control to shirk responsibility. While this might not sound too bad, have you ever wondered why you didn't get into the college that you wanted? Or get that job you coveted the most? Have you ever thought why you find it difficult to sustain your relationships?



Have you always been puzzled as to why your results are never commensurate to the amount of effort that you put in? The answer to these above questions could be the lack of discipline. The reason why some of us fail to meet our targets, despite our best efforts, is because we lack the discipline. Do not look at discipline as a negative element of your life. Again, as I said before, do not look at discipline as a negative element of your life. Let me give you an example to prove how discipline is important for even following your passions!



## The Power Of Discipline

Let's assume that you are part of your school's basketball team. You have an important tournament coming up in a month. Luckily, all your fellow players are in good form and are extremely talented.

Is this enough to get you that trophy?

No.

You must practice every day for a certain number of hours. You will have to practice your routine several times. Even if your strategy for this game is the same and you have played your opponent several times in the past to understand their style, you still need to practice.



## Why are you indulging in so much practice?

To ensure that your body is in good form and to mentally prepare yourself for the game!

Isn't this a form of disciplining your body and mind?

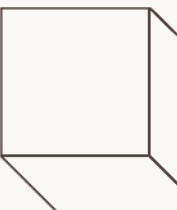
Out of passion for winning, all of you come together and engage in so much practice!

All of you may have different playing styles. But it is extremely important that your styles are aligned on the day of the game, to reap the maximum benefits.

It is discipline that brings you together as a team. You will see in a while how discipline/self-discipline will help you achieve success!

Living with no regrets is a good thing. But living, without worrying about consequences, is bad and detrimental to not just you but to the people around you as well.

Most of us don't really see how our actions impact others. We fail to appreciate the importance of the things that we have. This is one important reason why this generation are pros at procrastination.







We would rather spend hours on Facebook, TikTok, Twitter or Instagram, instead of focusing on the work at hand. You will be able to get away with this reckless attitude only while the consequences aren't too severe.

But why wait until things get out of hand to do course corrections?

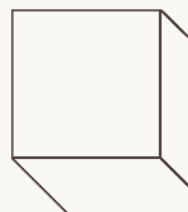
When you are disciplined, you will surely be cognizant of your actions and behaviors. Now that I have spent quite some time talking about discipline, let's see what it refers to.

## **So what is discipline?**

Discipline is nothing but the practice of getting trained or conditioned to think or react in a certain way, within a certain framework of principles. Sounds boring and daunting?

Well, let us look at what self-discipline is all about.

You will probably realize that discipline is not about a life based on someone else's rules. It's about having your own set of rules and living your life based on that!







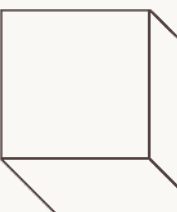
## **What is self-discipline?**

Self-discipline is nothing but the ability to control one's thoughts, actions, emotions and behaviors. With self-discipline, you will be able to control your impulsive reactions. By exercising self-discipline, you are consciously letting go of the need to be immediately gratified or upset by your surroundings!

It is a conscious effort to hold back your emotions and not react immediately. In other words, self-discipline is all about being in control of your life and reaping the maximum benefits from it.

When I say that you need discipline in your life, it does not mean that you should let go of your happiness and lead a boring life! You can continue having fun and do all the things that you like, so long as they are not detrimental to your overall wellbeing (ex: drug/alcohol addiction).

In fact, you will realize that having a bit of discipline can improve the quality of your relationships and help you sustain your happiness. Hence, it is not a bad thing after all. Self-discipline is all about improving your focus, directing your efforts in a more effective manner and reaping the maximum benefits from all your undertakings! Self-discipline plays an important role in helping you achieve success in whatever you do. It helps you hit the mark in the following manner:



## The Power Of Discipline



When you are disciplined, your tolerance levels are increased. Hence, you end up persevering more. You will not be easily disturbed by situations, which may put you out of your comfort zone. When your perseverance increases, you will keep going at your goal, no matter how many obstacles are placed on your way.

Discipline automatically tunes your mind to keep trying, despite failures. We all know that it is not possible to strike gold at the first attempt. With some patience and consistent efforts on your part, you will most certainly taste the fruits of success. Self-discipline equips you with the required patience.

Discipline helps you stay focused on your target. When you are focused, you will be in a better position to put in your best efforts. Discipline also helps you deal with distractions. You will not be easily distracted by things around you and will be able to focus on your target.

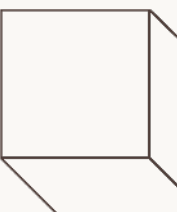
Another important quality required for chasing success is the ability to maintain a calm and composed head all the time. Discipline will help you achieve that! When your mind is not clouded by other impulsive thoughts, emotions or opinions, it becomes that much easier for you to focus.

These are some of the top reasons, which indicate that discipline/self-discipline is required for achieving success. The various benefits of self-discipline are highlighted in the upcoming chapter, for you to fully appreciate its importance. Including discipline into your life is not an unpleasant experience, contrary to popular belief. It is all a matter of perspective. You can look at discipline as a set of rules and dismiss it, only to regret it later. Or you can look at it as an opportunity to align your life with your goals, aspirations and passions! Is discipline good? Yes. Is it good for you? Yes. Is it good for others? Yes. Is it good for the greater good? Most certainly! Again, don't try to change your life all at once, under the pretext of disciplining it. Make incremental changes to your thought processes and your routines and see how it goes. Make course corrections, as and when required. Also, don't try to incorporate discipline as part of your life, in a rushed manner. Nothing good ever comes out of doing things in haste. Think of it as CANEP - Constant And Never Ending Process. To help you get started, I have provided a separate chapter detailing tips to incorporate discipline as part of your life. So, don't break your head too much yet, about disciplining your life.

## **The Power Of Discipline**



I am sure that by the end of this course (by the way, this is a self improvement course), you will realize that disciplining your life adds a lot of positivity to the various spheres of your life.





02

## **Chapter 2: Benefits of Self- Discipline**





In this chapter, we'll talk about the benefits of self-discipline. Practicing self-discipline can most certainly help you alter your life in so many ways! It can improve the quality of the various spheres of your life, at the same time. Some of the top benefits of self-discipline are as follows:

### **Helps in achieving success**

As we have already seen, discipline is extremely crucial for achieving success in whatever you do! Being self-disciplined helps you channel your time and effort in the most constructive manner possible. You would be surprised by how much you can get done in a short span of time, if your efforts are channeled in a systematic manner! You will also be able to better manage your time, when you learn to discipline your mind!

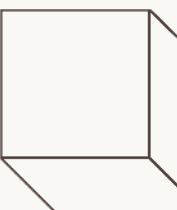
Whatsoever you intend doing has to equal your focus (concerted effort).

### **Improves your personality**

When you include the practice of self-discipline into your life, your persona will change gradually. You will no longer be the lazy and carefree person you were! You will weigh each option more carefully and ensure that you are completely focused on what you are doing.

This will automatically improve your productivity at work! When your productivity is rewarded, you will automatically feel more confident. Your outlook will become more and more positive. Hence, if you were someone with low self-esteem and low confidence levels, inculcating the practice of self-discipline will certainly help you improve these.

### **You will start believing in yourself!**



## The Power Of Discipline



When you discipline your mind, you will be able to channelize your efforts in a systematic manner. When your efforts are directed in an efficient manner, you will be able to accomplish a lot. When you are able to see your efforts translating into results, you will feel a sense of accomplishment.

You will start believing in yourself more. You will trust yourself to see a task to its completion. Your confidence levels will improve tremendously and will have a positive effect on the quality of your work as well!

## Helps in improving relationships



On the personal front, when you are disciplined, you will be more balanced as a person. This will ensure that you don't immediately react to a situation, without deliberating about the pros and cons of each decision. Your conversations with others also will be more measured! You will be trusted by others to stay calm and take an informed decision.







This trust removes unnecessary troubles or misunderstandings in your relationships with others. When your reactions are controlled, the chances of you wreaking havoc in a relationship are slim. Hence, you will be able to improve your relationships by practicing self-discipline!

## Improves your mental clarity



As I mentioned before, when you practice self-discipline, you will be able to exuberate calmness in all situations. You will tackle any situation in a systematic manner. This automatically improves your mental clarity.

How so?

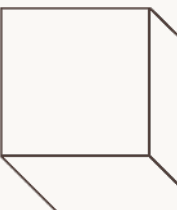
When your mind is not disciplined you will be all over the place.

There will be thousands of thoughts crossing your mind at the same time.

Let's assume that you are in a chaotic situation. When your mind is not disciplined, you will be all over the place.

There will be thousands of thoughts crossing your mind at the same time. You may end up reacting, without actually thinking it through! Your mind will be clouded by emotions and anxiety and you wouldn't be able to think straight.

On the other hand, when your mind is disciplined, you will be able to assess the situation in a calm and composed manner. You will approach the situation in hand, in a systematic manner by breaking it down into smaller components. This will help you make better decisions. Hence, without a doubt, self-discipline improves your mental clarity and your ability to make sound decisions.



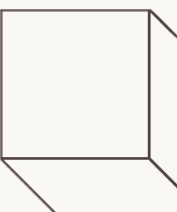


## **Helps you appreciate life better**

As I said before, your attitude changes when you discipline your mind. When your outlook turns positive, you will learn to appreciate life better. You will start seeing the silver lining in any situation. You will start being grateful for the various things around you. This is possible only when you are calm and composed and have a positive mindset. All this comes hand in hand with self-discipline!

When you learn to appreciate even the smallest of things around you, you will be able to find happiness in whatever you do! You don't need external stimuli to keep you happy. You will feel contented and happy, even when the odds are stacked against you. This also adds on to your mental clarity!

## **Helps you let go of your addictions!**



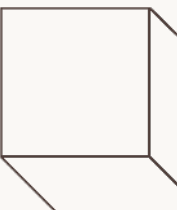
## The Power Of Discipline

Self-discipline is extremely crucial when you are trying to mend your ways and get rid of your bad habits, especially addictions! Unless you learn to control your mind, you will not be able to resist the bad habits.


For instance, if you are trying to fight off procrastination, you need to discipline your mind first. This is because procrastination has got more to do with your FFF (Freeze Flight Fight) mindset. The sooner you discipline your mind, the sooner will you be able to limit your tendencies to procrastinate. There's hope for you if you procrastinate a lot, do yourself a favor by visiting this website URL: <https://tinyurl.com/bddjfer>

Disciplining your mind is the first step before you attempt to let go of any habits. When your mind is disciplined enough, you don't need external motivation to stick to your schedule but every little motivation goes a long way to help you succeed. You need every bit of help you can get. >> [Visit This Website](#)

## Inculcating good habits!



## The Power Of Discipline



Self-discipline need not apply to just letting go off addictions. Self-discipline is important even for incorporating good habits and practices. For instance, if you are trying to get on a diet, you need self-discipline to stick to the diet, no matter how tempted you are to eat out. Similarly, when you are trying to get on an exercise regime, you need the discipline to get on with your schedule every day! Disciplining provides a sense of direction, which can help you stay on track! Make use of positive affirmations on a day to day basis persistently because that is the only way to get your subconscious mind to work in your favor.

## Control your stress levels

When you learn to discipline your mind, you will most certainly be able to regulate your stress levels, owing to the following reasons:

- > You will not panic at the outbreak of any situation. You will assess it with a calm and patient mind. This way, you are not reacting to the problem in hand immediately. This is vital for preventing you from acting out of impulse. This will automatically regulate your stress levels. In fact, there will be fewer things that will stress you out!
- > With self-discipline, you will be able to practice meditation regularly. This is another way of regulating your stress levels easily.

> When you introduce self-discipline, you will be able to approach any situation with renewed positivity. This positivity will help you find solutions to your problems quicker and thus help you reduce your stress levels accordingly.

Thus, self-discipline will definitely improve your mental health, by not just regulating your stress levels but also by keeping your mind calm.

## **Increased energy levels**

When you are disciplined, both physically and mentally, you will not be spending your energy on things not worth your time! When you channel your energies in the most productive manner, you will accomplish a lot within a given period of time. This will give you a sense of accomplishment as well as motivation.

This motivation is enough to sustain your energy levels for a longer duration of time. Similarly, when you engage in healthy habits, such as healthy eating and regular exercise, you will be able to increase your energy levels easily.