



## Key Points on Discipline:

1. Purpose and Goal: Find the purpose behind your tasks and set clear goals.
2. Action Plan: Create a well-defined action plan to guide your efforts.
3. Deadlines: Set deadlines to accomplish your goals and stay focused.
4. Milestones: Break down your action plan into smaller milestones to make it more manageable.
5. Consistency: Show up every day and put in the work consistently.
6. The habit of Consistency: Self-discipline is the habit of consistency.
7. Motivation: Find motivation to keep doing something until it becomes a habit.
8. Voluntary Hardship: Practice voluntary hardship to strengthen your discipline.
9. Start Small: Discipline yourself in small things and gradually progress to bigger tasks.
10. Control: Practice the dichotomy of control by focusing on what is within your control and letting go of what is not.
11. Avoid Distress: Being distressed by small things can dilute your discipline.
12. Take Responsibility: Take responsibility for what is in your control and act on it.
13. Delayed Gratification: Practice delayed gratification by resisting immediate rewards and staying focused on long-term goals.
14. Ignore Naysayers: Don't let negative opinions deter you from your disciplined path.
15. Declare Your Purpose: When stepping out of the norm, declare your purpose and commitment to achieving it.
16. Peace of Mind: Don't let outsiders disrupt your peace of mind.
17. Seek Feedback: Actively seek honest feedback from respected individuals.
18. Emulate Role Models: Find wise people to emulate as role models.
19. Self-Reflection: Review your day honestly and identify areas for improvement.
20. Self-Awareness: Practice evening retrospection to become more self-aware.
21. Forgive and Congratulate: Forgive yourself for what you didn't do and congratulate yourself for what you accomplished.