

# Self-Discipline

## *The Foundation for Success*

Accelerating Excellence  
Podcast Episode #26

*"The first and best victory is to conquer self."  
– Plato*

### 7 WAYS TO INCREASE SELF-DISCIPLINE

#### 1. DO SOMETHING DIFFICULT EVERY DAY

Practice strengthening yourself self-discipline muscle in small things like making your bed every day. Intentionally do things you know you should do, but don't feel like doing.

#### 2. PRACTICE DAILY REFLECTION

Think back on the day and look for wins and opportunities for improvement. Learn for victories and mistakes.

#### 3. PRE-DECIDE

Don't decide in the moment, decide ahead of time. For example, if you want to go to the gym after work, don't wait to decide whether you *feel* like going. Do what you have already decided you were going to do. Crush the discussion (in your head) with a decision.

#### 4. KEEP SHORT ACCOUNTS

You will have lapses. Don't let the lapses linger and grow. Get back on track quickly. Life is about direction, not perfection: even if it is three steps forward, two steps back.

#### 5. BUILD IN SLACK TIME

Nobody has a never-ending reservoir of will power. Give yourself 'windows' of freedom. For example, provide for an occasional 'free meal' in your eating plan or 'fun' money in your budget.

#### 6. AVOID THINKING 'TOMORROW'

Consider it a red flag when you tell yourself 'tomorrow'. Don't fall in love with your idealized future self. That person never comes to life. Think today, not tomorrow.

#### 7. BEGIN WITH THE END IN MIND

Have powerful goals and a vision of your best self that overrides potential stumbling blocks.

In the end, self-discipline is actually freedom. Self-discipline gives you the ability to live the kind of life you truly desire to live.

*"It is one of the strange ironies of this strange life that those who work the hardest,  
who subject themselves to the strictest discipline,  
who give up certain pleasurable things in order to achieve a goal, are the happiest."  
– Brutus Hamilton*