

10 Principles of Self-Discipline

Self-discipline is “The ability to make yourself do, what you should do, when you should do it, whether you feel like it or not.” - Kop Kop-meyer



1. **The Discipline of Clear Thinking.** Take time to think through critical issues and problems in your life.
2. **The discipline of daily Goal-setting:** Before you start your day, rewrite your top ten goals in the present tense as though you had already achieved them.
3. **The discipline of daily Time Management:** The more you plan, the better you will use time, and you will accomplish more.
4. **The discipline of Courage:** Identify one fear in your life. Then confront it by doing whatever it takes to overcome it.
5. **The discipline of excellent health habits:** Eat healthy foods, exercise daily. If you do any activity for 21 days, it will become a habit and change your life.
6. **The discipline of Savings and Investing:** . Delay major purchases for 30 days. Pay cash for as many things as possible.
7. **The discipline of Hard Work:** Develop a reputation of being a hard worker.
8. **The discipline of Continuous Learning:** Work on yourself as if your future depends on it, because it does!
9. **The discipline of Persistence:** The greatest test of self-discipline is when you persist in the face of adversity and you drive yourself forward to complete your task 100%, no matter how you feel.
10. **The discipline of Self-Control:** Learn to say “No” to your destructive feelings,

In order to build self-discipline you have to:

Assess what areas of your life need discipline.

Focus on long-term goals

Reward yourself when a milestone has been accomplished.

Get support from others.



If you have problems with self discipline please call- 219-662-3730 or 800-747-7262

Monthly Webinar on Ten Steps to Learn Self Discipline and Helpful Tips to Stop Smoking—November 18