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Self-Discipline

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Self-Discipline

Self-discipline refers to where one manages feelings and overcomes weaknesses in the day to day life. For example, one would forego instant gratification and fun for a long term gain with more beneficial results. Mastering self-discipline in one's life is essential for the following reasons.

Mastering self-discipline is vital as it creates a habit that leads to success (Rodgers, 2018). It is said that a pattern can either make an individual or destroy them. For example, if one is lazy, most of the duties are left undone, leading to achievement of goals or conflicts with other people. The behavior would be changed by self-discipline as it makes one consistent in the decisions made. With time the adapted activities become a positive habit resulting in success. Self-discipline also ensures that everything is done and the expected results are thus gotten. With the tool, a personality of providing that things are done is developed, in that no delays or postponing is evident. For instance, one would plan to read a book every day or finish a particular task within some time. When self-discipline is adopted, the implementation of plans becomes easy. In the end, the needed results are attained, eliminating chances of frustration and stress, among other negative emotions experienced when things are not done on time.

Self-discipline should also be mastered as it helps one focus. Today, many distractions are there, which would prevent one from doing what is needed (Rodgers, 2018). For example, social media use has increased, where workers and those at home, spend too much time on the sites. It is good to interact as networks are created, but one should not overdo. In a day, one should spend a few hours in the sites while the rest of the hours ought to be productively utilized. Having self-discipline makes them pay attention to all that should be done. Such people look forward to attaining objectives that keep them motivated. With focus, one does all that is required leading to a fulfillment attitude. It also makes the people

progressive, in that different goals are set and met, resulting in a better person, focused in life and thus productive.

Having discipline in life is also essential as it improves one's self-esteem and ethics. The successful people in life are those who not only work smart but also trust their capabilities. They see themselves as winners rather than losers, which motivates them to retain their belief (Osterle, 2020). Here, self-esteem is built, making one explore their hobbies and capabilities while working on the weaknesses to make them strengths. In this process, ethics is ensured, where one executes the needed tasks, respects others, and has dignity. The people acknowledge that success is not gained by harassing others but cooperating with them and being smart. With self-discipline, one's self-image and ethic is thus promoted, which makes one attain their objectives as well as relate with others right. The idea means that accepting the self-evident by self-esteem is one of the vital elements needed for one to succeed.

Self-discipline makes one become a master in abilities producing the best version of the self (Osterle, 2020). It is said that if one needs to become an expert in something, repetition should be ensured as it leads to perfection. As noted above, discipline makes one consistent and motivated, leading to expertise skills and knowledge. For instance, one could be talented in playing guitar, but the inconsistency in practicing makes them think they are not gifted. With self-discipline, schedules are set on the different areas that need attention. There would, therefore, be time to play the guitar, and with time, one becomes a master. In the end, one becomes the best version of themselves where strengths are implemented while the weaknesses are built for improvement.

In a nutshell, self-discipline is the most crucial thing in a person in dealing with the day to day lives. It helps create habits, things are done on time, focus gained, self-esteem boosted, and expertise achieved, making one become the most suitable version of themselves.

People willing to become successful in life should thus be disciplined as it makes it easy to achieve the set goals and objectives and also maintain them.

References

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