

A Self-Discipline Exercise

“Discipline is the bridge between goals and accomplishment” ~Jim Rohn

There is a direct, natural relationship between the results we want to receive and our actions. If you want a change in your life, it will usually require a change in your behavior. Most often, the best things we want will require that we pay the price of hard work, self-control, extra study, focus and discipline. There is little of real value that doesn't come with such a price.

Spend some time thinking about something you would like to achieve or a change you would like to make to your life. This could be physical; like having more flexibility, strength and endurance, or losing weight. It could be mental; like developing a new skill, learning a language, or improving your academic performance. Or it could be emotional; like improving a relationship or improving your self-esteem.

Write your desired change (your goal) here:

Now think about what changes to your current behavior would help you achieve the results you want. Some examples would be spending 20 minutes a day stretching, finishing school work before participating in recreational activities, or avoiding gossip when talking with friends.

Write your behavioral change here:

Commit to practicing this behavioral change for one week. At the end of the week, evaluate your progress. Did you exercise sufficient discipline to change your behavior? Can you tell if you were to continue with this change if you would be more likely to achieve your goal? Do you feel the desire to keep this behavioral change or to add additional changes?

You may not achieve your goal in just one week. Most significant goals take much longer to accomplish. The purpose of this exercise is to explore the relationship between behavior and the things you want to achieve in life and to demonstrate the necessary power of practicing personal discipline in the pursuit of your goals.

“Discipline is the defining fire by which talent becomes ability” ~Roy Smith