



THE NEW PSYCHOLOGY OF SUCCESS

THE POWER_{OF} SELF-DISCIPLINE

The Power of Self-Discipline

Cheat Sheet

How to achieve sustainable self-discipline – 7 key techniques

- Identify your goals
- Be prepared for temptations
- Establish a daily motivation base
- Turn discipline into a habit
- Get Enough Quality Sleep
- Stay positive!
- Surround Yourself With the RIGHT People

Discipline through CLEAR GOALS

- If you want to achieve self discipline, you must have a clear vision of what you want to accomplish.
- Get motivated by your goals through VISUALIZATION
- You feel good as you get closer to your goals
- You conserve energy / you are less confused
- Give yourself the TIME AND SPACE to get emotionally engaged by your goals

Be Prepared for Temptations

- Set up “if then” statements that guide you through temptations
- Detect temptations and go through your if then statements
- Fit the situation into your IF scenarios
- You remain on track since you REMIND YOURSELF of where you’re headed
- Conserves focus / energy / will power

Establish a DAILY MOTIVATION BASE

- Focus on establishing a PROCESS you stick to
- Get excited about the fact that you stuck to the process

- Track how often you stick to the process
- Associate it with positive emotions

Turn Self-Discipline into a HABIT

- The more you repeat something, the higher the chance it will become a habit
- Find your triggers and select your HABITUAL disciplined response
- Scale this up over time

Get 8 Hours of Quality Sleep

- Sleep RECHARGES your will power
- Adopt a pre-sleep ritual
- Stick to schedule
- Stay in bed if you wake up in the middle of the night
- Focus on QUALITY (deep or REM) sleep once you have duration locked down

Stay Positive

- Challenge yourself to always look on the BRIGHT SIDE
- Focus more on what you stand to gain
- Allow yourself to get pumped up by possibilities
- Focus on overriding negative emotions

Hang out with the RIGHT PEOPLE

- Hang out with self-disciplined people
- Ask them to hold you accountable – set up accountability buddies
- You absorb the values of the people you hang out with