

5 Ways To Become More Disciplined

- **Identify the areas where you struggle most. For some people it's following through on a task or commitment; finishing what they've started; implementing new behaviors on a consistent basis; or making excuses and talking themselves out of their efforts to change. Be honest as this will show you where work is needed.**
- **Set yourself up for success by getting enough sleep, maintaining proper nutrition and staying properly hydrated. These lifestyle basics will help you access the energy and mental focus you'll need to stay disciplined.**
- **Notice the thoughts and emotions that drain you of discipline. Discipline is staying committed even when you don't feel like it. Your thoughts and feelings, which are constantly changing, can easily keep you from making good on the promises you make to yourself. To keep this from happening, pay attention to your **negative** core beliefs.**
- **Write things down and set reminders because distraction is a big barrier to discipline. Maintain your focus by placing strategic reminders where you can see them regularly [refrigerator door, bathroom mirror, or bedroom wall]. Set reminders in your phone or use organizational apps and digital tools to keep yourself on track.**
- **Practice delayed gratification despite the temptation of instant gratification by having a deeper level of purpose to your 'WHY'. Note that discipline requires delayed gratification—the ability to sustain effort in the absence of immediate reward. Start with small practices, like not turning on the TV until you've completed all the essential tasks on your to-do list; not bingeing on social media until you've sent those important work emails; or waiting to enjoy your morning coffee until after you've finished a 30-minute workout. Eventually, you will be able to set up bigger goals that require discipline and delayed gratification to complete. Be patient - change takes time and consistency.**