Discipline is freedom. Lots of people disagree with this statement, because for them discipline is just a word that means excessive work and absence of freedom. This is so far from the truth! Think of the freedom you have when you speak a foreign language! It might have taken you extra effort to learn another language, but this is a skill that definitely pays off and widens your possibilities of achieving greater success in life.

Self-discipline involves acting according to what you think instead of how you feel. Often you have to sacrifice pleasures for things that really matter in life. A great example of self-discipline that comes in my mind is going to the gym when all you want to do is lie on the couch and watch TV. Or maybe say "no" to that tempting chocolate donut when you are on a diet.

We live in a world where temptations are everywhere. We never get bored. We have so much entertainment! We have TV, video games, sports, you name it. No wonder people struggle to focus on their work. Have you ever asked yourself why should you do something which is hard and boring, when you can do something that is easy and fun instead?

Well... the reality is that you don't have to work hard and you don't have to do boring tasks. No one is forcing you to do that. But if you don't do it, you will have to suffer the consequences. Why? Because the things that are worth having in life, the things that have real value, are often the things that require time, effort and hard work. But if we live in a society that makes having fun so easy, how can we focus on obtaining the things that really matter in life? The answer to this question is discipline. Discipline will help you resist the temptation of playing video games when you need to do your homework, or you need to concentrate on something that really matter and add value to your life.

From a different point of view discipline doesn't mean that you can't have fun in life. We all need time for fun and entertainment, but there must be a balance between work and play. Self discipline requires lots of hard work and a strong will. It is basically like any other skill in life. At first it is hard, but the more you practice, the stronger and easier it will become. In other words, the more you discipline yourself to resist the temptations of life, the more your self-discipline will strengthen.

If you struggle with self-discipline, the good news is that you can work on it. You can develop your self-discipline by analyzing yourself and determining your goals, dreams and ambitions. Remember that discipline means that you have to do what is best for you, regardless of how you feel. Be aware of what you are doing and what you are not doing. In other words, be aware of your undisciplined behavior and stop it before it happens.

Writing down your goals is a great idea, but it is not enough. You must make an internal commitment to your goals. You need to make a conscious decision to follow through on what you say you are going to do. There will be times when you will be faced with extreme obstacles and setbacks. They will make you reconsider your ability to accomplish your dreams. They will make you come up with excuses to procrastinate. They will make you feel hopeless, powerless, and frustrated. These are the times when you will find out what you're really made of. These are the moments you will find out just how much you want your dreams. These are the times when your character is built.

Self-discipline is not an easy task and requires a lot of courage. Pleasures and passions are powerful enemies. It is easy to stay focused when things are easy. It's when things get tough and aren't going your way; these are the times when you need to focus. Your discipline will help you stay focused on what matters during those moments. What you choose to focus on when things get tough will determine everything. In today's society that is made up of largely undisciplined and lazy people, having strong self discipline will give you an enormous advantage in life.