

Self-discipline is like a muscle: the more you work on developing it and using it, the stronger it will become. Think of it as investing in yourself. Here are 10 powerful things you can do to master self-discipline:

1. Define a goal worth fighting for:

- a. Remember: Not every goal works.
- b. Don't just write down a billion dollars as your goal because it sounds good.
- c. Instead, look within yourself at what would be the pillars of your life. Usually, the main pillars in life include:
 - i. Health
 - ii. Family
 - iii. Money
 - iv. Self.
- d. Set a specific goal around each, as goals in these 4 areas usually have the biggest impact on your life.

2. Break down your goal:

- a. If you don't deconstruct the goal, it's no longer a goal, it's a wish.
- b. Breaking down the goal into smaller parts gives you a better understanding of:
 - i. what you are about to do
 - ii. what it takes to do it
 - iii. how you can achieve it.

3. Make a daily plan:

- a. Look at your goal, and figure out what are the steps necessary which will lead to achieving it.
- b. The more precise you are with these steps the better.
- c. If your goal is to lose a specific amount of weight, your daily plans should consist of:
 - i. What you eat
 - ii. What you drink
 - iii. How much physical activity you put into it.

4. Remove distractions:

- a. The person who controls his mind controls his life!
- b. When deconstructing the goal, look for things that could impact your journey negatively.
- c. See what you can do to minimize or remove them completely.
- d. If you're dropping weight, don't have ice cream in your house.
- e. If you plan on reading a book, don't start a new tv series.
- f. If you design your environment around your goals, your chances of achieving them increases dramatically.

5. Prioritize the goal before anything else:

- a. Before you do anything else, you need to take care of your daily steps in order to reach your goal.
- b. If you're losing weight and some friends want to hang out, you first hit the gym and then see your friends.
- c. Force yourself to do it:
 - i. On those days:
 1. when you don't feel creative
 2. when going to the gym will look horrible
 3. when your actions don't seem to bring any results
 - ii. Use this formula:
 1. Remember the goal
 2. Visualize it
 3. Think what it will feel like when you achieve it

6. Find role models who inspire you:

- a. Find 3 people who have achieved greatness in your field.
 - i. Study them
 - ii. Read their stories
 - iii. Watch interviews and learn from them whenever you feel like the motivation is dropping.
- b. Use them as your guiding compass.

7. Take breaks and reward yourself:

- a. Achieving your goals isn't going to be a sprint, it's a marathon!
- b. If you get tired, learn to rest and not to quit.
- c. It is important to keep yourself motivated.
- d. Do reward yourself when you overcome difficult tasks.

8. Keep track of your progress:

- a. If you don't measure and keep track of it, you can not improve on it.
- b. Create a journal where you record your daily activity.
- c. Measure everything so you have a clear understanding of your situation.

9. Set monthly milestones:

- a. Break your goals down and create specific milestones for the end of the month.

10. Keep this in mind: Achieving your goal is a strategic play.

- a. There is no elevator to your dream life, you need to take the stairs, one step at a time!