

# **CONTENTS**

<b>Sr. No</b>	<b>Contents</b>
<b>1.</b>	<b>Introduction</b>
<b>2.</b>	<b>Chapter one</b>
<b>3.</b>	<b>Chapter two</b>
<b>4.</b>	<b>Chapter three</b>
<b>5.</b>	<b>Chapter four</b>
<b>6.</b>	<b>Chapter five</b>
<b>7.</b>	<b>Chapter six</b>
<b>8.</b>	<b>Epilogue</b>

# **DISCIPLINE**

## INTRODUCTION

Discipline is the practice of training people to obey rules and behave well, e.g. A good teacher must be able to maintain discipline in the classroom.

Discipline could also be the practice of training your mind and body, e.g. It takes a lot of self discipline to study ten hours a day.

It may also refer to punishment in terms of education.

Discipline is used to create habits and routines to obey the rules. It maybe inflicted on others or on oneself.

The discipline which we inflict on ourself is called self discipline.

The three types of discipline are:

1)preventive

2)supportive

3)corrective

Discipline is important in every aspect of life to be successful and free, and it allows one to have power and control in life.

A disciplined person also has a good behavior, and that leads to a better society.

Discipline helps you not to stop yourself from attaining your goals but helps in achieving them.

## Chapter one

In life discipline is necessary to follow even simple routines like a healthy diet, exercising and to changing oneself to maintain and constantly work on new, challenging goals to become a better person.

Discipline is one of the most important personality traits in everyone's life. It refers to a set of rules and regulations which are to be followed while undergoing any task or activity. It is a way of being

honest, hardworking, motivated and encouraged while doing any task.

Discipline is very important in our life. It teaches us to follow the rules. Man is a social animal, who lives in society and discipline is needed to live in it.

Discipline is the ladder of success. We need to follow rules, obey rules and behave in an orderly manner.

Discipline is something that keeps each person in control. It motivates a person to progress in life.

Everyone follows discipline in his/her life in a different form. Besides, everyone has his own prospect of discipline. Some people consider it a part

of their life and some don't. It is the guide that availability directs a person on the right path.

## IMPORTANTANCE AND TYPES OF DISCIPLINE:

Without discipline, the life of a person will become dull and inactive. Also, a disciplined person can control and handle the situation of living in a sophisticated way than those who do not follow discipline.

There are many types of discipline but generally it is of two types. The first one is induced discipline and the second one is self discipline.

Induced discipline is something that others taught us or we learn by seeing others. While self discipline comes from within and we learn it on our own self.

Self discipline requires a lot of motivation and support from others.

Above all, following your daily schedule without any mistake is also part of being disciplined.

## NEED FOR DISCIPLINE;

We need discipline in almost every aspect of life. It is best to practice discipline from the early stages of our life.

Self discipline means different things to different people. For students, it's meaning is different, for an employee the meaning is different as well as for children the meaning of discipline is very different.

Moreover, the meaning of discipline changes with the stages of life and priority. Not everyone can be disciplined because it requires a lot of hard work and dedication. Also, it needs a positive mind and a healthy body. One has to be strict to discipline so that he/she can successfully complete the road of success.

Discipline means to follow rules or do things in a regular order.

Children should be taught to follow discipline while studying, eating or even playing.

Adults should also lead disciplined lives.

Discipline creates habits, makes routines and the routines become who you are daily. The value of discipline is the way to do what needs to be done.

It helps us to train our minds and body and thus enables us to focus on our goals and helps us to achieve what we plan to do successfully.

## 2. Complete The Hardest Assignments First

Instead of avoiding the hardest assignments, one must try to complete them first so that the rest of your day

goes smoothly. If you have many tasks to accomplish in a day, start with the one you want to avoid the most. This will make you gain confidence quickly and help the rest of your day's work to be more easy. If the task is too big, chunk it up. Break down big goals into manageable parts that helps you stay focused and keep you from being overwhelmed. You can also use a common technique like the timer to keep track of your work.

### 3. Learn How To Schedule Your Work

While it is OK to get sidetracked every now and then, try to create a system where you have a list of

everything that needs to be accomplished so that you don't lose track of what your goals are. If you are working with long\\_term goals, use the ABC's to schedule them. You can use A for the work that has to be done today, use B and C for the other goals to be done later in a systematic manner.

By using this method you will wake up ready to roll the next day as all your goals are updated the previous night and you have planned it accurately as much as you could.

## 4. Get Rid Of Temptations

If you want to be more disciplined, you have to get rid of your temptations. You may have to avoid snoozing on the couch though you are tempted to do it. Don't use the social media app, keep these out of sight so that you can focus on what is most important and put away the phone so that your promise that you made to yourself about completing your tasks is the first priority. This activity will surely make you have more attention span so that you finish the tasks assigned to you more efficiently and on time.

## 5. Do What Comes Naturally

If you have a hard time being disciplined, start with things that come naturally to you to help ease yourself into the process. Don't eat too much, try eating more vegetables and keep the dessert for later. Try achieving your goals instead of getting lazy and unhealthy. Things that backtrack your goals should be definitely avoided instead of repenting and spending more time in the gym. This will delay your work and it will not be done in the schedule at which it should be completed.

## 6. Don't Overthink it

If you give up every time you mess up, then you won't get anywhere fast. Be kind to yourself and don't overthink it. Ease your way into the new system you planned and soon it will become a habit. You really have nothing to lose. Stop overthinking as certain things are nonnegotiable. Go with the flow of things. Stay disciplined.

## Chapter two

### CHILDREN AND DISCIPLINE

- Discipline is not another word for Punishment.
- Disciplining your child means teaching them responsible behavior and self control.
- Pace the discipline of your child with your child's capacity to understand.

The Latin origin of the word discipline is 'to teach'.

Disciplining your child means teaching them

responsible behavior and self control. With appropriate and consistent discipline your child will learn about consequences and taking responsibility for their own actions. The ultimate aim is to encourage the child to learn to manage both their feelings and behavior. This is called self monitoring.

Children learn by example. A number of studies show that the most influential role model in a child's life are their parents. It is important that parents act as a model for how they want their children to behave.

Parents should not use physical punishment or inflict pain on a child to stop them from misbehaving as the

child also learns this and so physical violence should not be used by parents on their children.

This will not teach them discipline but will harm the child's dignity, self respect and also self esteem.

Disciplining a child means teaching them what is acceptable behavior. A child's intellectual ability develops over time. It is important to match the discipline of your child with your child's capacity to understand. A very young child, such as a baby, has no understanding of right and wrong. Children under three do not misbehave, they have needs that they want met, such as hunger and thirst.

A little older child has to be told the same message over and over again for example, ‘put your hat on in the sun.’ even then the child fails to understand and goes in the sun without the hat. In this case they are not disobedient they just cannot remember.

Try to explain things to your child in a way that matches their development level and remember to also lower yourself to their physical level. Children act out their feelings through their behavior, if you know the reasons for your child’s misbehavior or feelings, you can help solve the underlying problems.

Children learn to behave by copying the adults around them. They thrive when they know what is expected of them and their day has a similar pattern. The child needs to know what the adults' reaction will be in the order of events in their day and can predict what will happen next. The children reactions to the adults will be fair and consistent.

Teaching your child about consequences may include asking them to

- Clean up a mess they have made.
- Tidy up toys when they can't find the one they are looking for.

- Spend time alone (taking ‘time out’) when their behavior indicates they no longer want to play well with others.

Good discipline helps a child to learn that there are consequences for their actions. Ideally, the consequence follow the action and should be relevant to the behavior.

A child naturally wants the love and approval of their parents, so one of the easiest ways to encourage good behavior is for children to know what behavior is expected of them and to know they will be recognized and encouraged for it.

Parents, thus play a pivotal role in the discipline of their children.

## STUDENTS AND DISCIPLINE

The meaning of discipline is to keeping control so that students can attain their objectives.

Discipline in students life attract all the right things, and because of this, students gain success in each field of their life, the discipline is always catered as a guide to focus on their goals.

# IMPORTANTANCE OF DISCIPLINE IN STUDENT'S LIFE

Discipline is one of the most important things in a student's life. It is crucial to follow the discipline in school. Along with education, students much learn the discipline in school because without the discipline, students can't be well educated.

Discipline can be considered as the potential of students to do a thing or finish their task in a fixed time. The meaning of discipline is to keeping control so that students can attain their objectives.

Discipline in student's life is classified by success, efficiency, and a better time management.

There are many ways in which discipline can be practiced in a student's life

### 1. Manage Time

If the students follow discipline in a better way than they can manage their time significantly. Good discipline helps students to do all the assignments on time instead of wasting it.

If the students are not disciplined they waste all the precious time doing unnecessary things. They should set the proper timetable and do things according to that timetable.

## 2. Stay Active

Good discipline generates a positive attitude in students which is the most essential thing that students need in their life.

Discipline also creates confidence and eagerness in students.

Because of these things, students become active in each field of their life. There are many disciplined habits by which the students stay active such as exercise regularly, having good food, and sleep on time.

### 3. Being Focused

Discipline teaches students to be focused and motivated towards their studies as well as other fields of their life. The students with strong aims are more focused. If students do not stay disciplined, it

becomes hard for them to stay focused on their studies.

The magnificent way to stay motivated is by writing down all the study goals that you want to achieve in your life. By doing this, you will definitely stay motivated and achieve those goals in your life.

#### 4. Self-Control

If the students are disciplined, they have more self-control. Students need self-control while talking with their teachers or elder people. So if they do not stay

in discipline they do not have self-control and this becomes unpleasant for them.

Students have to use words carefully while talking with someone because of this they also build good relations with others.

## 5. Relieve Stress

When the students stay in discipline it becomes easier for them to stay in control of their studies and other important things. When the students do not stay in discipline they become careless and leave their

assignments incomplete and all their work for the last moment.

This is the major reason for stress in a student's life, so to overcome this, the students must stay in discipline.

## 6. Better Academic Performance

Being disciplined is most essential for better education. Discipline is compulsory in student's life because education is not complete without discipline.

It helps students to listen to their teacher carefully and also helps them to understand the whole syllabus. If

the students follow the discipline, they complete their assignments within the time given to them.

## 7. Getting Better Grades

If the students stay in discipline, they perform well in class, which helps them to get good grades, students also learn a lot new things being a disciplined student.

There is no doubt that if the students stay in the discipline, they will become successful in their life and which is also beneficial for their career.

## 8. Set A Good Example To Others

When the students stay in the discipline, they also encourage other students of their class to be disciplined as well. The other students only follow the students with discipline when they see any positive impact on the grades as well as other fields of their life.

## TEACHERS AND DISCIPLINE

The teacher plays an important role in the life of a student. It is the teacher who teaches discipline to the

students in school, when they need it the most. The student must be taught and guided in the right direction which a teacher does.

Whenever discipline is implemented, the student learns the proper behavior and acquires new knowledge. With the teacher's clear explanation which the teacher gives to the student he/she gains wisdom from the learning. Wisdom is defined as having the knowledge of what is proper and appropriate which comes to the teacher from the experience and understanding which they have in them and a student learns from them.

The teacher instills discipline at a young age to guide the students. The students learn it and thus practice proper behavior because of the discipline learned from their teachers.

A disciplined teacher can guarantee the maintenance of school rules. The students also learn loyalty and obedience to carry out the school's goals.

Discipline is thus something that keeps each person in control and motivates a person to progress in life and achieve success

The teacher thus has a pivotal role in molding the students in the early phase of their life by teaching the power of discipline perfectly.

## Chapter three

### MORAL STORIES ON DISCIPLINE

#### 1) The Boy And The Strike

Gaurav was a fourth grade student. He was a good boy, always smiling and did well in his studies.

However, he had one bad habit. He would never wake up early in the morning. Gaurav therefore had very little time for his daily activities in the morning. Bathing, getting dressed, eating breakfast was done

hurriedly as he would get late for school. All this was done at a maddening pace. His parents advised him to be more disciplined, but, it all fell on deaf ears.

One day, as usual Gaurav was getting ready for school. He ran out of his room. His father saw him and asked him to slow down and eat his breakfast.

Gaurav replied that he had no time. He picked up a sandwich and rushed out. His father just smiled.

Gaurav managed to reach school just in time. He was surprised to find the school deserted. He wandered in and found the principal. The principal seeing him asked, “How come you are here at school? Didn’t you know it’s a strike today? Anyway, it is good that you

are here, now you can help me with my work”.

Gaurav’s heart sank. He had no idea what to do. The only solution was to finish the principal’s work fast and go home. Alas! He was wrong. The principal first made him write down the names of all the students in the fifth grade in the register book. Then he made him go to each classroom to keep dusters and chalk. All this took up almost half of the day. Gaurav was famished. After finishing all the tasks the principal gave him permission to leave. Gaurav decided to eat his lunch. He realized, in his hurry he had forgotten to carry his lunch box. He started his journey back home. He was waiting for the bus when a passerby

reminded him that the transport services were stalled due to the strike. He had to walk 5kms to reach home. Ultimately, Gaurav reached home tired and hungry. He saw his dad and asked him if he too went to the office and returned home. His father replied, “No, I knew there was a strike. It was in the papers.” Gaurav could not believe it. He asked his father, “You knew it was a strike and you still did not stop me from going to school?.” His father replied, “How could I tell you, you were in such a hurry.” Gaurav realized his mistake. He apologized to his parents and swore to be more disciplined in the future.

**MORAL OF THE STORY:** Discipline is the secret to a fruitful life.

## 2) The Talkative Turtle

A talkative turtle called Tom lived in a lake deep inside a forest. He would talk all day long with anyone from tiny ants to giant elephants. But Tom liked to talk most with his best friends-a pair of geese called Bo and Mo. The three friends lived in the same lake.

One day, they noticed that the water in the lake was drying up. It hadn't rained all year. Many animals in the forest were leaving the forest in search of water.

Bo and Mo decided to leave too. With a heavy heart, they came to say goodbye to Tom.

"But why are you saying goodbye?" asked Tom.

"Without water, there soon won't be any fish in the lake. I too want to leave".

"We would love to take you along", Bo said sadly.

"But you cannot fly. How will you come with us?"

"Oh!, that's not a problem. We just have to find a sturdy log of wood. You hold the log with your beaks

and fly. I will hold on to the wood with my mouth.

That way we can all leave together”, Tom said.

Mo looked worried, “That’s a nice plan. But Tom you love to talk. When we are up in the air you can’t open your mouth”.

Tom laughed,” I can keep quiet when it’s important.

Let’s go guys! It will be an adventure”.

The three friends left the next morning. Tom was excited. He had lived all his life on the ground. Now he could see mountains from a height. Even the tall elephants looked tiny from the sky. He wanted to discuss all this with his friends. But remembering Mo’s words, he kept his mouth shut.

The three soon passed over a village. The villagers had seen geese fly before. But never had they seen geese flying with a log of wood between their beaks.

“What is that?” the villagers shouted, “is that a ball they are carrying?” asked one villager.

“No-no. It is a bundle of clothes”, shouted another.

“Hey, what will geese do with clothes”, laughed another.

Tom was confused, “What are these villagers blabbering?”, he wanted to ask.

But the moment he opened his mouth, he dropped straight to the ground. He hit his head on a rock and fell unconscious.

When Tom opened his eyes, he saw Bo and Mo standing over him. Seeing Tom's confusion, Bo spoke, "You fell when you opened your mouth even though we had asked you to keep it shut."

"The villagers were kind. They took care of you and then left you near a lake", said Mo.

Tom looked around. They were at a beautiful lake.

"I think this is a nice place to call home, isn't it?" the geese asked Tom.

But Tom had learnt his lesson. He simply nodded without opening his mouth.

**MORAL OF THE STORY:** We must learn to practice discipline whenever it is required to do so.

### 3) The Tiger - An Inspiring Story

A teacher and his student were walking from one village to another, when all of a sudden, they heard a roar behind them. They turned their head in the direction of the roar, they saw a big tiger following them.

The student was horrified, and the first thing he wanted to do was run away, but since he had been studying and practicing self discipline, he was able to stop himself from running, and waited to see what his teacher would do.

“What shall we do Sir?”, asked the terrified student.

The teacher looked at the student and answered in a calm voice:

“There are several options,

We can stand here with the fear so that we cannot move, and let the tiger do whatever pleases it.

We can also run away, but then, the tiger will run after us and catch us.

We can pray to God to save us. We can do many things with the power of our minds. However this requires strong concentration.

“Which option do you wish to, choose?”, asked the frightened student to the teacher.” You are my teacher, tell me what to do. We don’t have much time”.

The teacher turned his gaze fearlessly towards the tiger and started meditating. The student was by now shivering in fear, as the tiger was already quite close and was about to leap on the two.

The student was amazed at how his teacher could stay so calm and detached in the face of danger.

Meanwhile, the teacher continued to meditate without fear.

After a while the tiger gradually lowered its head and tail, turned around, and walked away.

The student was astonished and asked his teacher, “What did you do?”

The teacher answered, “Nothing I just kept on meditating and was at peace with myself.

The tiger sensed the inner calmness, peace and unity, and felt no threat or need to display violence.”

According to the teacher, “When the mind is silent and calm, its peace is automatically transmitted to everything and everyone around influencing them deeply”, he concluded.

The teacher and student went safely home.

**MORAL OF THE STORY:** Meditation is a good example of self discipline.

## Chapter four

The three types of discipline are:

Preventive Discipline - measures taken to preempt misbehavior by keeping students engaged.

Supportive Discipline - measures taken to assist students with self control by helping them get back on task.

Corrective Discipline - measures taken when students are not following classroom or school rules.

The single most important attribute to becoming successful is self discipline. It helps you to stay focused on reaching your goals, it gives you the opportunity to stick with difficult tasks, and allows you to overcome obstacles and discomfort as you push yourself to new heights.

The five pillars of self discipline are Acceptance, Willpower, Hard Work, Industry and Persistence.

Self discipline starts with habits.

Research shows it takes anywhere from 18 days to 254 days to form a new habit. On average, it takes a little more than two months i.e., 66 days to make a new behavior automatic.

We must follow self discipline in our life by breaking old habits to form new good habits, this is not easy but takes a lot of effort but you will be happy to have done it.

For example, when you see a chocolate bar in the store, your action is eating it and your reward is the sweet taste of chocolate in your mouth. Eating chocolate is not a positive habit though your sweet craving is rewarded by the action of eating it. This bad habit can be turned into a better one, next time you crave for something sweet, modify your behavior though it will be hard. This time replace it with an apple. When you eat an apple instead of a chocolate

you were craving for it is your self discipline that you have had it though you wanted to eat the bar. Self discipline helps to make a correct decision.

Once you repeat the same behavior several times, it will get easier and easier to replace the bar of chocolate with an apple. Now your habit changes, several weeks later when seeing both you will definitely take the apple instead of the bar. You won't think twice about making a different choice.

This instance shows that developing new habits is the essence of self discipline.

## 6 Ways To Develop The Self Discipline You need To Reach Your Goals:

We have heard many people say that they wish that they had the same kind of willpower when their friend who orders the salad instead of fried chicken has when at a restaurant. These people are those who are born with supreme self control. But self discipline is a learned skill not an innate characteristic.

Boosting your willpower is the secret to creating lasting change.

Interestingly, most of us can increase our willpower but we need more free time to do it. There is no

evidence that increased leisure time will equal to increased self discipline. In fact, it doesn't matter how much time you have but what matters is what you choose to do with your time.

### 1. Acknowledge Your Weaknesses

Even though you may have many weaknesses, e.g. eating too many cookies which may increase your weight or checking social media often which sabotages your productivity.

Do learn to acknowledge your weaknesses.

Recognizing your weaknesses is the first step in creating positive change.

## 2. Create A Clear Plan

You won't magically wake up one day with superhuman willpower. Instead, you need a strategy to build mental muscle i.e self discipline.

Whether you want to increase good habits like going to the gym more often - or you want to eliminate bad habits - like watching TV too much - you will need a plan to turn your intentions into action.

Outline clear action steps which you must start taking on a daily basis.

### 3. Remove Temptations

You won't gain self discipline to lose weight if you keep your house stocked with junk food. Instead it will be very difficult for you to resist trying every cookie, brownie and chips.

Limiting temptations can help you slowly build more self discipline over time. If your weakness involves checking social media every two minutes try to avoid doing it as much as you can. If you are a spendthrift carry only limited cash and leave the credit card at home when you go to the store.

#### 4. Practice Tolerating Discomfort

It is natural to avoid pain. But avoiding short term discomfort often leads to long term problems. And every time you give in, you will reinforce to yourself that you cannot handle stress.

Practice allowing yourself to feel uncomfortable and prove to yourself that you can stand it. Whether that means running on the treadmill for one more minute than you could or resisting the urge to pick up a cigarette, train your brain to see that pain is not the enemy.

## 5. Visualize The Rewards

Remind yourself of the things you stand to gain when you resist temptation. Visualize yourself meeting your goals and reaping the benefits of self discipline.

Write down a list of all the things you will gain when you stick to your goals. Read over the list when you are tempted to give up. Spend a few minutes picturing yourself being successful and remind yourself how you will feel when you succeed.

## 6. Recover From Mistakes

If you are stressed about a big presentation, you may talk to yourself or if you are excited about a big deal which you closed, you may convince yourself to let your good habits slide.

Progress doesn't come in a straight line. Just because you made a mistake it doesn't mean you are a failure.

Making mistakes is part of the process to becoming better.

The way you recover from those mistakes is what matters most. Learning from mistakes and

committing to do better next time can help you build self discipline.

Keep trying and reap the rewards.

Boosting your self control is the key to creating a better life. With a little mental strength training everyone has the ability to develop more willpower.

The best news is, improving self control in one area of your life can lead to increased willpower in other areas of your life.

These 6 exercises will help you to increase your self discipline.

## Chapter five

### DISCIPLINE AT WORKPLACE

This includes :

- Obedience to seniors
- Follow the rules, regulations and policies which are set
- Fair and equitable treatment of all organizational members
- Work recognition

- Effective handling of all tasks, cope up even with conflicts and grievances
- Job security

Discipline is often described as the foundation on which any workplace functions and the enforcement of discipline will lead to a more productive atmosphere.

The purpose of discipline in the workplace is among others to ensure that all the employees are treated equally and to put codes of conduct into place so that employees know what is expected of them.

A disciplined work environment facilitates management as well as employees being on their best behavior. When management complies strictly with a company's protocol regarding discipline, it will set an example for the employees who will know what is expected of them and what the penalty would be if they don't follow the discipline.

Discipline in the workplace goes hand in hand with efficiency as employees must be disciplined to deliver inputs of quality in a timely way. Discipline also contributes to a peaceful workplace. It also ensures safety in a workplace.

As with most relationships, the work relationship between the employer and the employee should function on the basis of trust and understanding to maintain discipline. The cooperation between the two helps to drive better performance.

If there are conflicts between the management they must learn to handle difficult discussions and the employees in a group as well as individually should be involved and kept informed.

A disciplined person has both self discipline and self control, these are quite similar terms but have slightly diverse meanings.

Self control allows us to control our behavior and avoid temptations. It delays gratification whereas self discipline encourages us to do activities we should be doing and thus helps us to achieve greater goals. Self control takes care of our short term goals and self discipline gets us through our long term goals.

For example, you want to get up early in the morning every work day. Self discipline is the one that will make you get up every morning even when you are sleepy and grumpy. Self control is the one that will prevent you from hitting a snooze button.

or, at work, you have to finish an important task by Friday. Self discipline will help you work on that assignment from Monday to Friday.

Self discipline and self control help you to have a sense of responsibility to start and complete your assignments before the deadline. These two qualities are essential for employees at the workplace. Once you develop a sense of responsibility, it's much easier to move, deal with your workload and complete everything you need to do. This shows your discipline at work.

Being self disciplined also means taking care of yourself. When it comes to self care, you have to emphasize the importance of sleep, as people who are disciplined make sure that they get enough sleep. Apart from sleep, make healthier choices avoid smoking instead have a healthy diet and exercise regularly. This is also following discipline when you self care about yourself.

Even though you don't enjoy the task, make it a routine to finish it at an assigned time by developing an interest to do it.

Break the big assignments into smaller ones, you will find it easier to complete the first task. You will be

motivated to do other smaller tasks which will improve your self discipline because you will manage to complete all your work on time.

Self discipline helps you to maintain your focus on work assignments for a longer time. Therefore you should avoid multi tasking.

Training your self discipline and self control without any break makes you feel exhausted. Take regular breaks when you have to tackle a complex task after which you may get tired.

Another way to build your self discipline is to avoid workplace distractions at any cost.

Whenever you're dealing with tedious tasks, it can be very tempting to pick up your phone and scroll down media social accounts for 15 to 20 minutes. But when you manage to fight this urge in order to finish your task on time you will enhance your self control and your self discipline.

So, if you want to stay focused in a world full of distractions. There are many ways to do it, if you lose focus because of various noises, invest in a pair of noise canceling headphones. Or, if your mobile phone

is your number one distraction, be sure to leave it out of reach when you're working.

If there are other things that distract your attention make a note and notice which things they are, try to avoid these things, so that it is easier for you to create an order in your daily work tasks.

If you would like to improve your self discipline at work, you can also make a productive environment. That way, you will send signals to your brain that it is time to focus on work tasks. It doesn't have to be anything too demanding.

For example, you can go get a glass of water or brew a cup of coffee before you start working on an assignment. Then, once you begin your task, be sure to aim all your attention at work. After several days, this ritual will become a habit that your brain will associate with deep work. Therefore, you will upgrade your self discipline levels as well.

The best way to motivate yourself to keep doing tasks is to celebrate wins. When you finish a task, remember to reward yourself. It can be taking a brief break to make lemonade or eat a chocolate bar.

Building self discipline by doing demanding work and being persistent is almost painless when you know rewards are waiting for you.

Finish your work day by preparing for tomorrow, this helps you a lot at the workplace. Since self discipline means being able to get the job done, you should reflect on what you have accomplished throughout the day. Plan and write down if there are some urgent tasks to be done tomorrow morning and later in the day. Note down all the priorities and break the larger projects into smaller assignments.

The most significant traits of a self disciplined person are responsibility, persistence, strong work ethic and self care.

Follow these qualities to become a better self disciplined person who definitely has all these traits in them.

The suggested ways help you to become a better self disciplined person at the workplace.

## Chapter six

### SECRETS OF DISCIPLINE

#### 1. Delaying Gratification

Delayed gratification is the act of waiting to receive a reward that you have earned, rather than receiving it immediately.

For example, if you save up your allowance for two weeks in order to buy something you have been waiting to buy, you are practicing delayed gratification.

By waiting to receive the thing you had wanted is, you are learning how to control your impulses and delaying immediate gratification

In order to achieve a greater goal. This skill is often believed to be important for future success, as it can help individuals to resist temptations and focus on long term goals.

## 2. Completing A University Degree

Completing a university degree requires a tremendous amount of self discipline. First and

foremost, students must be willing to devote countless hours to studying.

The students must also be able to manage their time effectively, balancing their coursework with their other commitments. In addition, they must be able to stay focused and disciplined in the face of obstacles and setbacks.

Without self discipline, it would be impossible to complete a university degree. There are many resources available to help students develop the self discipline.

From time management tips to study guides which they need are readily available on the websites, these

resources can make all the difference in helping students to earn their degree. Each individual can develop the self discipline necessary to succeed in the university and beyond.

### 3. Waking Up Early

Many people hit the snooze button at least once, before getting out of bed in the morning. However, there are actually several benefits to be gained by having self discipline to get up early.

For one thing, waking up early provides more time for you to get things done. Whether you need to get ready for work, take the kids to school, or just want to enjoy

a leisurely breakfast, getting up early gives you a chance to do so without feeling rushed.

In addition, early risers tend to be more productive and successful than those who sleep in. While it may not be easy at first, making the effort to wake up early can pay off in terms of productivity, mood, and overall well-being.

#### 4. Exercising Daily

Exercise has many benefits for overall health. Just a few minutes of exercise each day can help to improve heart health, reduce anxiety, boost energy levels and promote weight loss.

However, it requires a lot of self discipline to exercise every day. Especially at the start, exercising can feel like hard work and something you really don't want to do.

Exercise is a brilliant way to discipline yourself and always helps you in life.

## 5. Persevering Through Boredom

It is not always easy to maintain self discipline, especially when the task at hand is boring or otherwise unenjoyable.

However, people who are able to push through periods of boredom are more likely to achieve their goals.

## 6. Keeping A Clean Home

A clean home can be difficult to maintain, if you live in a busy household. Self discipline is required to stick to a cleaning routine.

This means setting aside time each week to do the vacuuming, dusting and other necessary tasks. This can be a challenge, but it is worth it in the long run.

By keeping your house clean and tidy, you will feel more relaxed and capable of dealing with life every day.

## 7. Holding Your Tongue

There is an old saying that it is better to hold your tongue than to say something you will regret later.

This means, that it is often wiser to keep quiet than to speak up when not necessary, as it can get you in trouble or cause hurt feelings.

Speak only when there is someone who is being treated unfairly or when you witness a wrongdoing.

To be silent, whenever there is a need is also practicing discipline.

## 8. Going To Bed On Time

If you want to be productive tomorrow, you need to go to bed at a reasonable time. This may require you to turn down invitations to social events or resist the urge to stay up late watching TV.

But if you know that getting enough sleep is important for your health and well-being, then making the choice to go to bed on time is simply a matter of being disciplined.

So rather than seeing self discipline as a form of punishment, think of it as a way of taking care of yourself and making choices that will help you out tomorrow.

## 9. Not Eating Between Meals and Avoiding Sweets

Not eating between meals requires self control and willpower, as it can be tempting to snack on unhealthy foods when hunger strikes.

However, there are several benefits to refraining from snacking.

First, it can control weight by preventing overeating.

Second, it can save money, as buying snacks can add up over time. For these reasons not eating between meals can be well the effort.

Similarly, not eating sweets is a challenge for many people. However, there are several benefits to refrain from eating them.

First, cutting out sweets can help with weight loss.

Second, it can improve oral health, as sugar can contribute to tooth decay. Finally, avoiding sweets can also save money.

## 10. Sticking To A Study Schedule

A study schedule is a great way to help promote self discipline. By setting aside specific times for studying, it allows you to focus your attention on your schoolwork and limits the amount of time you have for distractions.

It also helps to reduce stress by allowing you to manage your time in a better way.

In addition, a study schedule makes it easier to stay on track when you have days off from school or are dealing with other commitments.

Overall, a study schedule is an effective tool for promoting self discipline and helping students succeed in school.

## 11. Calling Your Mom Once A Week

In adulthood, we are often busy with our jobs, children, and hobbies of our own. We have competing pressures to deal every day.

But we also need to remember to call our parents and check in!

But if you consider your family to be special to you, it is important to put aside time to check in. This

ofcourse, require long term self discipline. Calling your parents keeps you connected to them.

## 12. Saving Your Money

Saving money requires self discipline because it is difficult to do, but very tempting to spend money on luxuries or impulse purchases. By spending money unnecessarily, you quickly put a dent in your savings.

It is not always easy to save, but doing so can help you to achieve your financial goals.

## 13. Setting And Keeping Commitments

Making commitments requires self discipline because you need to follow through on what we have pledged to do.

This might mean setting goals and deadlines, tracking our progress and making adjustments along the way.

It also includes holding ourselves accountable to our commitments even when we don't like it.

When we make a commitment, we are saying that we are willing to put in the work required to achieve something.

This takes discipline, as it can be easy to give up when the going gets tough.

People who have the personal quality of self discipline are more likely to achieve their goals, they are also less likely to procrastinate and more likely to stick to their plans. They are people with self discipline.

Self discipline is often essential in our every day life.

You need to practice self discipline in order to get good at it. So,by developing self discipline skills now,you can have excellent self control when the time comes when you need it desperately!

## EPILOGUE

The book DISCIPLINE tells us the true meaning of discipline and how to practice it in our everyday life.

Discipline is the quality of being able to behave and work in controlled way. It is different for everyone right from children, teachers, parents, and to be disciplined at the workplace varies.

Discipline is used to create habits and routines to obey the rules.

The importance, types and keys of discipline are explained in detail in this book.

There are many ways in which you can build self discipline required to be successful to achieve our goals. Learning discipline helps you in the long run.

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