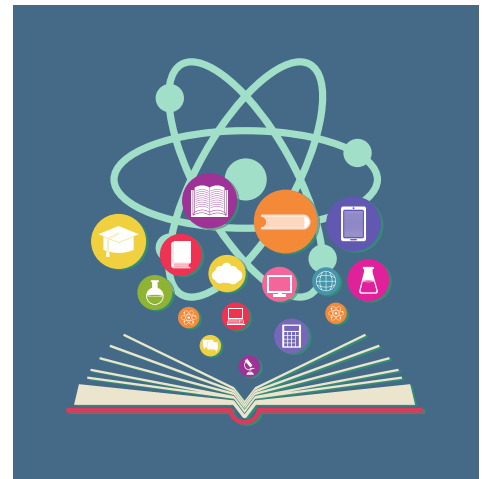
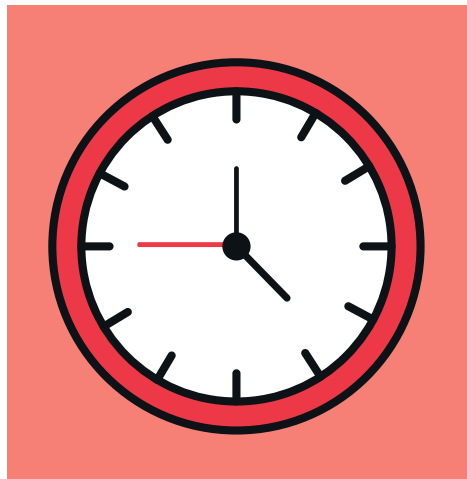
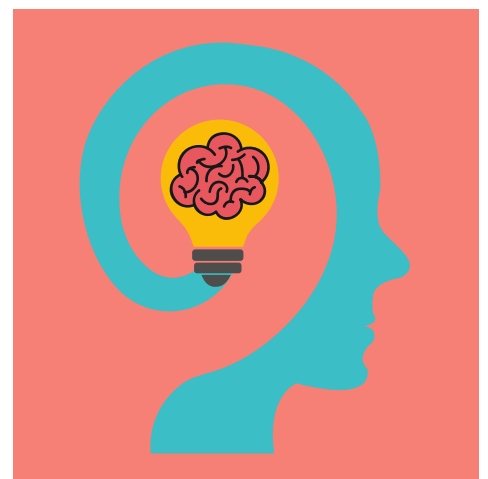




BOOST YOUR SELF DISCIPLINE



WRITTEN BY
PRIYANK PATEL



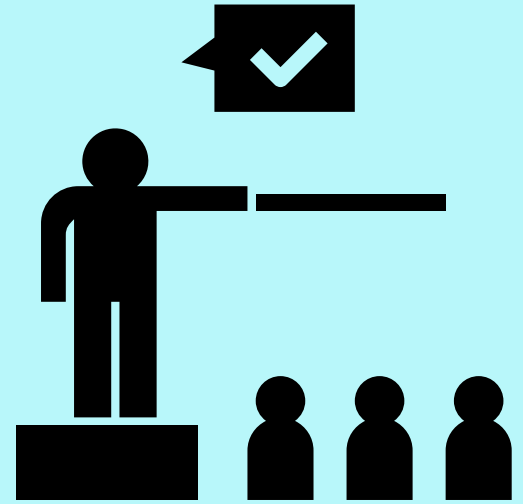
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Chap 1- What is self-discipline means?

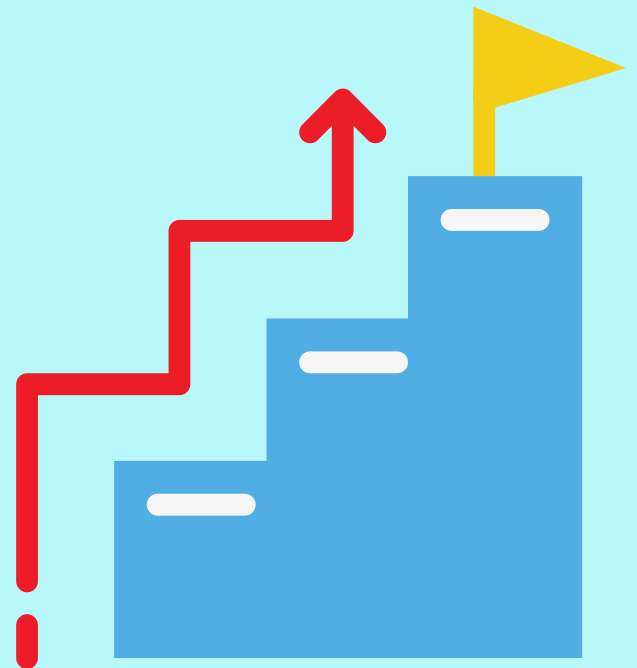
Let me start off with sharing a famous quote from Arden Mahlberg

**“DISCIPLINE REALLY MEANS
OUR ABILITY TO GET
OURSELVES TO DO THINGS
WHEN WE DON’T WANT TO DO.”
– ARDEN MAHLBERG.**



What this really means in our day to day life?

At any given time, if you are doing something relevant to your goal or as per your plan, then you are displaying the discipline but if you are getting distracted or pushing things off then you need to work on building your discipline.

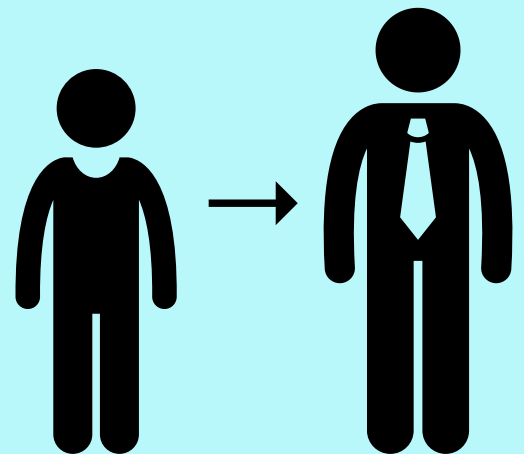
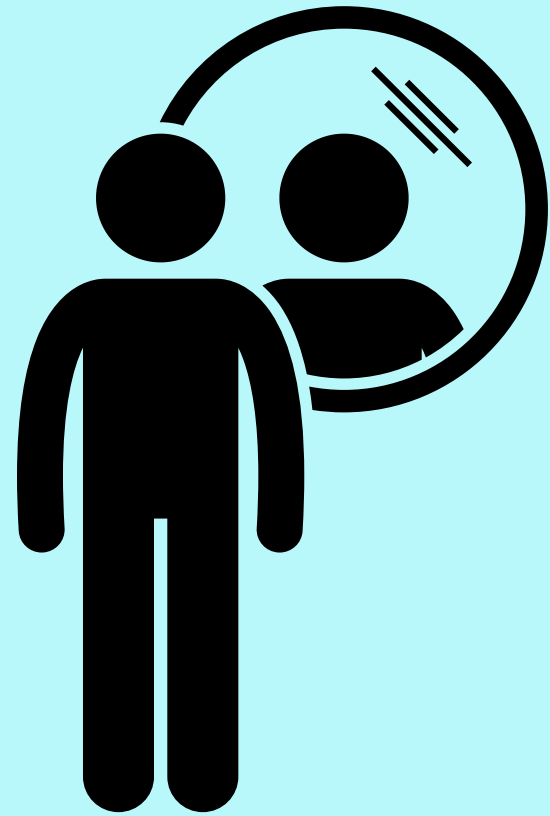


Can discipline vary between the situation or the activity?

When I was doing a research on this book, I asked my brother Ketul for his opinion.

He gave me a totally different viewpoint for looking at discipline in our life.

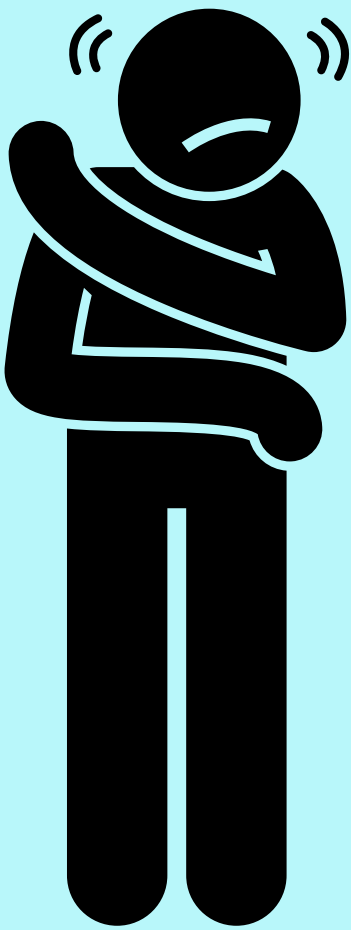
He said, discipline can mean different to different person. Not every situation demands to be disciplined. For example, if you are attending a party, you don't have to be disciplined there. You can arrive on time or come little late, it's an individual choice. It's about your nature and what image you wish to create for yourself.



If you are browsing social media for pleasure, it can be classified as distraction or wasting of your time. But the same activity if you are doing for market research or to promote your business, it can be defined as disciplined activity.

Most people when they hear about the word “Discipline”, they get backed off.

They think it is the hardest thing and it means being disciplined in every single area of your life.



Immediately they think, I can not do it. It's not for me, right? No, you can choose to practice discipline in some areas of your life and in other areas, you can freely enjoy doing what you love to do. For example, if you are health conscious and career conscious then you can choose to practice the greatest discipline in those two areas.

But in other areas such as cooking or cleaning, you don't have to be so much disciplined, isn't it?

It's your life, and you are the one benefitting from being disciplined.

Disciplined cannot be imposed, it can only be accepted willingly.

It's a personal choice.

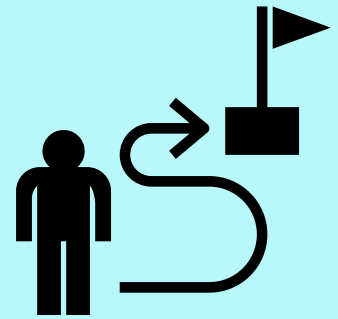


Why is it so hard to be disciplined?

When I asked this question to my brother Ketul, he said, if we are doing something because someone else wants us to do then it will be hard for us to be disciplined. But, if we are doing anything solely because of our own choice, then discipline can be easy. I would certainly agree with him, would you?

Most people do not have clarity in their life. They don't know what exactly is important for them, so they keep mixing things in their life.

When you are not clear about what you want to achieve, you won't have a clue about what not to get distracted from, right?



Clarity is the first step in building your self-discipline.

Be clear about what exactly you want to accomplish in life. Most people have a vague idea about what they want to do in life but do not have enough clarity on this. If someone wakes you up in the middle of night, and asks this question, you should be able to speak straight away. This is the level of clarity required to achieve your goals.



But Priyank, life is too uncertain, how can I plan for 5 to 10 years? If you are such a person who does not like to plan for long term, that's fine. Have a goal for 3 to 6 months' time.

Break it down to weekly, daily goals and then hourly goals.

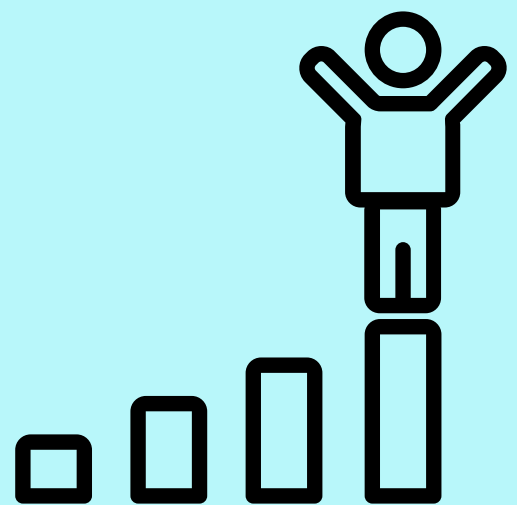
Ask yourself a question, what is the most important thing to do in next one or two hour?

Answer to this question will help you remain disciplined on your work.


Once you have the **clarity**, what else do you need?

When you are working on very complex work and you are not confident how to do it, will you find it easy or hard to be disciplined? It will be hard, isn't it?

Apart from complexity and self-confidence, most people also need to ensure the chances of success in order to be disciplined. Will you be able to be disciplined if you think you will not succeed no matter how hard you work? When people think their goal is too far ahead and they will not make it anyway, so they don't feel motivate enough to do it.



You have to break down the whole work into easy, manageable and achievable chunks in order for you to be disciplined enough to successfully accomplish it.

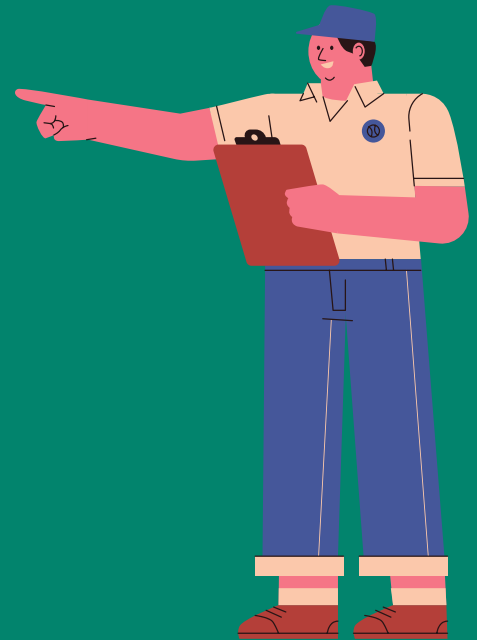


In the following chapters, I will show you how you can overcome distractions and build an unshakable discipline to live a successful life.

Chap 2 – What did I learn from Jim Rohn

Let me share one piece of advice from Jim Rohn I found very helpful. Jim Rohn was one of the most influential success coaches of the 20th Century and when he died in 2009 his net worth was more than \$500 million dollars.

This is what Jim Rohn truly believed and spent his life advocating people over more than 40 years of his career.



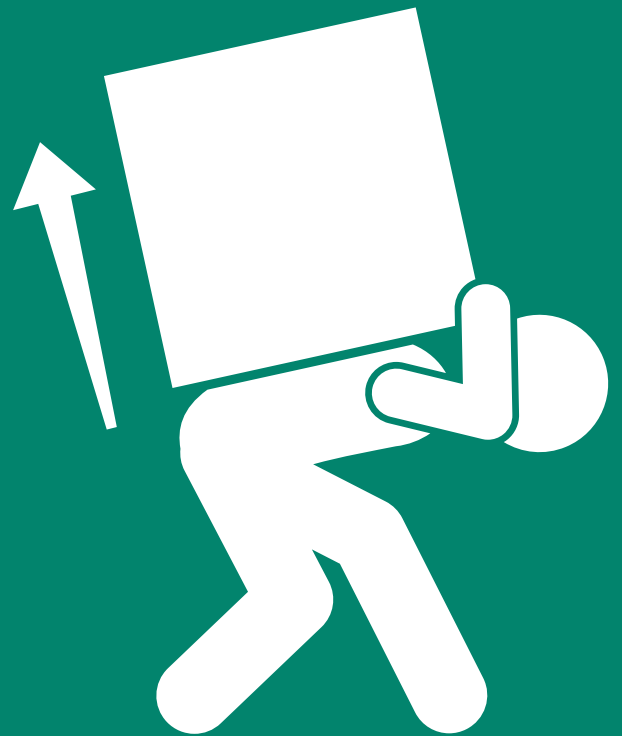
He said,

“Discipline is the bridge between goals and accomplishment.”

Yes and I agree with him. Nothing worth while can ever be achieved without being disciplined.

But Priyank, “It’s *hard and boring to be disciplined, isn’t it?*” I can hear you asking this question.

Jim Rohn said,
“*we must all suffer from one of the two pains: the pain of discipline or the pain of regret. The difference is discipline weighs ounces while regret weighs tons.*”



If you have a choice, which one would you choose?

Pain of discipline

OR

Pain of regret?

But Priyank, “I see everyone around me having fun and no one is paying the price of discipline. Why should I be disciplined?” I can hear you again asking me your question.

Well, are they all successful? You know the answer, right?

Don't look at discipline as a punishment.

It's about the thoughts you create in your head and feelings you attach with being discipline that really counts.

Picture this, you are following a specific diet because of certain health condition or to achieve your goal.

You are standing right next to your favourite pizza and burger shop. Everyone else including your close friends are eating pizza, burger and having soft drinks.

Now, you feel tempted to eat it but you tell yourself that you can not eat because of your health condition or your diet requirement.

How would you feel?
Sad? Disappointed?
Frustrated?

Now, picture this. You see everyone else is eating Pizza but you close your eyes and seeing yourself achieving your health goal.

You are in your perfect body shape, wearing your favourite attractive cloths.

Then tell yourself, I choose to eat healthy. It is my conscious choice to achieve my goals. Nothing comes free in life. This is the smallest price I am happily willing to pay to achieve my goal. It's definitely worth it.

**How would you feel now?
Joyful? Confident? Proud?
Sense of achievement?**

Will it be easy for you to practice discipline now?
I bet it is.

Change your inner dialogue. Change your definition of discipline. It is not a sacrifice but it is a gateway to your accomplishments.

It should be your choice for the commitments you make in your life.

Discipline is the gateway to your accomplishments. It should be your choice for the commitments you make in your life.

The author of Rich Dad Poor Dad book, Robert Kiyosaki said, "Self-discipline is the No.1 delineating factor between the rich, the middle class, and the poor."

Chap - 3 One common trait of all successful people

Have you heard stories of successful people?

Almost all of them experienced pushing boundaries of their work even when they didn't feel like working.

Sometimes they were exhausted and still went ahead to make the final call or attend the final meeting and that turned out to be the game changer for them.

How do they build such an astonishing self-discipline ?

Indra Nooyi, former chairman and CEO of PepsiCo said in her auto biography that she was known as a "finisher". She never left a job halfway.

As she said in an interview, "*one of the things my parents and grandfather taught me was when you do a job you have got to do it better than anybody else. Simple.*"

In PepsiCo, people knew that whenever any task was assigned to her, you can be rest assured that she will finishes it. Even if she is on her death bed, she will make sure the job gets done.

She had developed that kind of disciplined over the period of years, just get the work done no matter what.

**Did she never feel tired?
Did she not have “I don’t feel like doing it today”
kind of thoughts in her mind?**

When you notice those kinds of thoughts in your mind, this is when your self-discipline comes in handy.

**But Priyank,
“I work very hard but sometimes I still don’t
accomplish anything, what should I do?”**

Even when you don’t see the immediate results or the situation is not in your favour, you still need to do what is right. You still need to give your best shot and soon those days will become weeks and months and eventually you will see a totally different person in you – a person with very high confidence. We can not control the results but we can surely control our efforts, isn’t it?

When David Baldacci, author of immensely successful novels who has published more than 40 novels and sold more than 150 million copies in 80 different countries started writing seriously on his books, he was practicing as a lawyer. He and his wife had two young children. He had full time work and also had to learn so much about writing.



When can he find time for that?

Well, you will be surprised to know that he worked on his writing every night from 10pm to 2am!

What a commitment and discipline he had, right?

Being disciplined means not finding excuses for not doing something but instead find opportunities to get your work done.



Yes, you must be disciplined enough if you wish to achieve anything worth while in your life.

Nothing works without discipline. If you have great diet plan or exercise plan but you are not disciplined, will it work?

It won't work, right?

If you have great mentor and all the resources in the world available to help you but if you are not disciplined to put in the effort, will it work? Well, you know the answer, it won't work, right?

John C. Maxwell said, "Success doesn't just happen. You have to be intentional about it, and that takes discipline."

Chap - 4 Start building your discipline with this

When we know spending too much time watching TV or browsing internet is not a constructive use of time but we still do it, why?

When we know too much time on social media is not good for us but we can't remain disciplined enough, isn't it?

This is because our mind likes to do something that is easy, fun and entertaining.

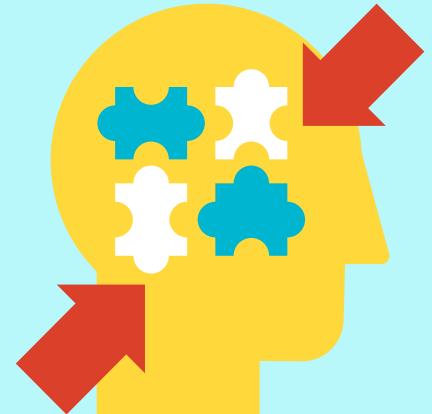
How can you build self-discipline in your daily life then?

1. In order to start building your self-discipline, number one thing you need to have is a solid reason to do the task.
2. If you are struggling with discipline issue, then probably you don't have enough reasons to do the task.

When you don't feel like doing certain work, ask yourself these two questions and answer to these questions will help you remain disciplined in your work.



FOCUS



The first question is what loss can you avoid if you accomplish this task?

Fear of loss or fear of missing something out is the number one motivator in most people to make them do what they don't like doing. So, find out if there is anything you likely to miss out if you don't be disciplined in your work and don't finish on time.

How do you think most people achieve their deadlines at work? Do you think they all enjoy doing what they do?

The simple answer is, "No".

One of my friends, Raj never picks up my call on first time. He never calls me back promptly. He has a business and surprisingly his customers are giving him five-star reviews. I asked him, "your customers are saying good things about your service, on-time performance and prompt replies but I never see you picking up my calls. Why is that?"

He smiled and replied, "you are my friend, if I don't pick up your call, you will not go anywhere. But if I don't pick up my customers' calls, they will run away to my competitors. And, I don't want to lose them."



Surprisingly true, isn't it?

So, in some situation, being aware of the potential negative consequences of failing to deliver on time makes people stick with their discipline.

It's a fear of missing deadline makes them disciplined. It's a fear that their boss will come after them or they will lose customers if they don't deliver on time makes them follow discipline in their work.

But Priyank, *“what if my situation is different or I can't think of any loss for not doing the work on time? What else can I do to develop discipline?”*

If you can't find the answer to this question then here is the second question to ask yourself.



What benefit can you get by completing the task?

There has to be substantial benefit that motivates people to the work.

“Why do you always have to go on time and deliver on time at work?” I asked one of my friend Jason. “We get paid bonuses for doing that.” He sounded excited in his reply.

If someone offers you \$100 for waking up early at 4 am and doing exercise, I am sure most of us would do it, would you?



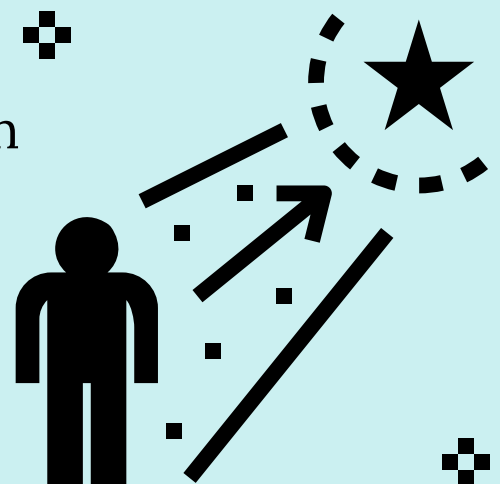
The logic is simple. Activity that requires to be done is not harmful but in fact beneficial and we get clear reward for doing that.

In this case, it is not the actual work but the reward or the benefits that people will get by doing it can motivate them to be disciplined.

But Priyank, “I understood the logic of benefits and loss to develop discipline. However, I still feel distracted sometimes and not able to stay on track. What should I do?”



Yes, discipline is not easy even after understanding the pain and gain associated with the activity. What can you do on those instances? Well, you need to find the pattern for when you break your disciplines and avoid it.



For example, one of my friend Chetan is fasting once a week. And every time they have friends' get together, they all have party with so many yummy food and drinks.

Now he knows that, so he simply avoids catching up with his friends on his fasting day.

He knows that it will not be possible for him not to eat or drink when he meets with all his friends but he does not want to break his discipline habit, so he tries to avoid the gathering on the day he is fasting.



Now, all his friends know about his discipline and they don't organise the party on his fasting day.

That's a good tip, Priyank.

Avoid the situation where we know it will be hard for us to be disciplined.

"But is there any more tip you can give me for fighting distraction?" I can hear your questions coming up 😊

Yup, make it hard for you to get distracted.

What do I mean by this?

When I was doing presentation in my office on the topic of self-discipline, I asked the participants about their techniques to avoid distraction.

One of them shared a really good technique with me. He said, he is little lazy with phone and does not like to scroll too many pages to open the application. So, all those social media applications, he has kept it on the last page so he has to scroll few pages before getting to the application.

This works for him. He now doesn't easily or quickly get tempted to open social media during his work time. You can also punish yourself so it will be hard for you not to be disciplined next time. What do I mean by this?

Commit yourself that if you do not wake up at 6am, you will donate \$10.

After 2-3 days, most people will start waking up at 6am, wouldn't you?

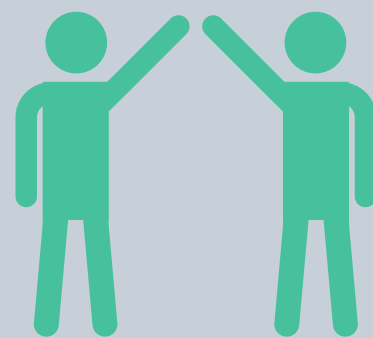
Another example I can share is, you can set a punishment of 10 push ups every time you open social media during the work time.

If you open it 20 times, then you have to do 200 push ups. Most people will start improving from next day!

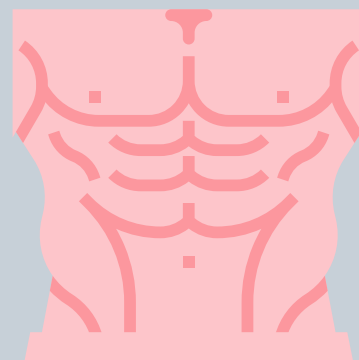
Wouldn't you?

Chap 5 - How Aliasger Vanwala displayed discipline?

From the very beginning, I always wanted to write this book as easy, engaging and entertaining book which all ordinary people can easily relate with.



When I started writing this book, I was doing my research to make this book more relevant for ordinary people, I asked one of my first friend in my Engineering college, Aliasger Vanwala, to share his story.



He is currently living in Dubai, he shared me his emotional journey on his way to transform his body. One day he decided to build a physical body as we all see in movies, a real 6 pack body! As you know, it's not an easy goal and he also had to face many people's negative comment.



Have you experienced when you try to do something different than what your friends are doing, not everyone will support you? In fact, some people will try to discourage you. Would you agree with me on this?

We all face those challenges and if you are not disciplined enough, you will quit, right?

After finishing his study, like most of us, Ali also had only focused on his career. After some initial struggle, he was progressing very well in his career and gaining financial and social status. Deep down he thought something is still missing in life and he realised that he has been living for others but he didn't spend enough time for himself. He was always passionate about maintaining his physical body but was not able to manage enough time for exercise. He was taking a casual approach in his exercise schedule.



Then one day in 2016, finally, he realised that he has been doing so many good things but without proper discipline and goal. Lack of discipline was single most important reason he was not progressing on his goal. Like many of us, he was following some celebrities and wanted to look like them but no one around him believed that it is possible for an ordinary person.



The day came when he finally made a commitment to prove that even an ordinary person can achieve his dreams. He decided that enough is enough. He had a strong desire to transform his body and a zeal of doing something for himself. These reasons were enough to keep him motivated to follow strict exercise and diet routine. He also had to be disciplined on 8 hours sleep during 10pm to 5am and ignore the critics.

*“Was it easy for you to follow the diet Ali?”, I asked him.
“No, not at all”. He replied instantly.*

“There were many festivals and social gatherings I can recall where all of my family and friends are eating unhealthy but yummy food and I had to stick to my boring healthy food. It was so tempting to give up on many occasions but I was determined to do whatever it takes this time.” He added.

“Did you ever have to sacrifice in your life style or any hobby you have to give up?” I asked another question to dive deeper into his journey.

“Yes, of course.” There was a time when I had to give up on my favourite sport, Cricket, so that I can maintain my exercise routine. I also stopped being part of late night gathering with friends as I had to wake up early for my exercise. I was criticised by many people that I am just wasting my time and money and missing out on so much fun.” He added in response to my curious question.

“Nothing great can be achieved without serious discipline, Priyank.” He told me.

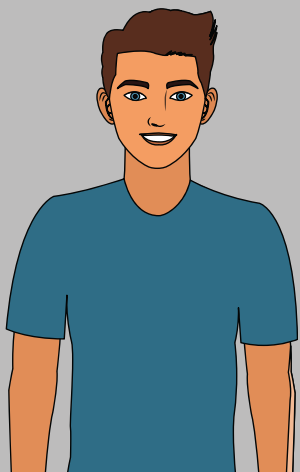
“Tell me how you felt when you finally achieved your goal Ali.” I asked again.

In his reply, he said, “Priyank, the day came on 2nd March 2019 when I achieved what I wanted. I was so happy that all my hard work and discipline finally paid off. Everyone around me started praising my achievement.”

“What did you learn from this Ali? Can you share some of the key take away with me please?” I asked final question to Ali.

Ali thought for a second to gather his memory and said, “With love and support from your family and motivation and guidance from your mentor or trainer, you can achieve any goal in your life. I learned that discipline is not a punishment. It is a vehicle, it is a tool that you can use to achieve your goals.”

What an inspiring story and a message from Aliasger Vanwala, an ordinary person like you and me. This proves that being ordinary, you can still do extra ordinary things in life. You need to be determined and committed to achieve your goals in life.



What an inspiring story and a message from Aliasger Vanwala, an ordinary person like you and me. This proves that being ordinary, you can still do extra ordinary things in life. You need to be determined and committed to achieve your goals in life.

Like Ali, if you are doing something because it's your dream or passion, working hard on it or sacrificing other things for it will not be a problem for you.

Have you noticed a student who studies 12 to 15 hours a day and someone who doesn't even able to do 5 hours a day?

What is the key difference between them?

One of them is studying because his parents wants him to do and the other one is studying because he wants to get good grades and build his career on it.

If you are doing something as your wish, not someone else's wish, following the hardest discipline will be easy for you.

To summarise this beautiful chapter, let me share two famous quotes from Dwayne Johnson famously known as 'The Rock'.

Dwayne Johnson is one of the most recognised, praised and popular celebrities in the world. He is one of the most famous wrestling stars, 'The Rock' who is also a popular Hollywood superstar.

He credits his self-discipline and sheer hard work ethics for all the success he has achieved in his life.

The first quote

worth remembering from his is, "*Failure is not an option. It's just a step.*"

And the second one to remember is, "*All success begins with self-discipline. It starts with you.*"



I sometimes feel not being disciplined enough to do the big task specially when it's boring or complex.

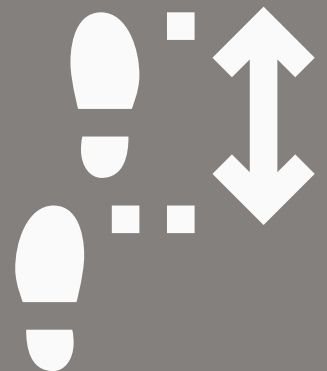
When I am writing this book, there are times when it is not easy to be disciplined to sit down and do the actual work. Doing lots of research and coming up with something people would like to read is a very challenging and complex task.

My creativity stops and mind wonders away towards other distractions. I start thinking about my other business, my holiday plans, kids' education and all other things not related to writing a book. Yes, getting distracted is a natural thing. It can happen to anyone including you, me or any other successful person.



Why does this happen?

This is because our mind wants to find easy and entertaining things to do instead of doing complex work at that time. What do I do to tackle the discipline challenge that time? One quote from Jeff Goins comes in handy for me. He says, "*don't focus on writing a book, Focus on writing 500 words a day.*" I break down the whole task into the smallest possible task which I can accomplish in the shortest possible time.



I ask myself the question, "what is the smallest and easiest thing I can accomplish right now?"

This way, if you know it is easy and you know you can do it in 5-10 minutes then you won't feel like procrastinating and you will be able to remain disciplined enough to do it. Remember to break it to win it.

Remember to break it to win it.

But Priyank, *“when I have a big goal and I am not sure if I will accomplish it or not, then I am not able to stay discipline on it.”*

Do you have this question?

I am sure this quote from Martin Luther King Jr will help you on this question.

“Take the first step in faith. You don't have to see the whole staircase, just take the first step.”

In my personal life, I found this as a really good piece of advice. We don't do so many things in life because we try to imagine the whole picture from standing where we are right now. And we do not see ourself capable enough or having enough resources to make it happen and what do we do then?

We quit. We stop doing it because we couldn't see any hope.

Well, nobody can figure out 10th grade maths while remaining on 5th grade class, isn't it? What happens to a 5th grade child when you give him a 10th grade math problem to solve? He would quit, right?

You have to break down each problem into small and manageable challenge which you can easily tackle.

Once you solve one problem, you can take on a little higher challenge, one at a time. This will help you remain confident and disciplined in your work.

How else should you have to win against discipline challenge?

During my conversation with one of my Facebook friend Vaibhavi, she told me how she overcomes discipline challenge.

She works in IT department in a bank and has one daughter. At one point she had so many health issues she couldn't handle it. She did not know what to do and almost left her house.

But thinking about her young daughter, she decided to fight back with the situation. She has hundreds of restrictions on her diet but she is self-disciplined now. She decided to never give up on life. It has been 6 years now since she started having serious health issues and even now, she has to be very disciplined in her diet otherwise it can create serious complication on her health.

"How do you manage all this Vaibhavi?" I asked her.

"You just have to accept the situation Priyank. Once you accept it then start thinking about the solution. You cannot find a solution if you do not accept the problem."

She said this to me. I really liked her advice on this.

She said, she firmly believes in fighting every corner of the room is better than sitting in one corner and crying about the problem.

If you have a solid purpose and never give up attitude then discipline becomes easy for you.



Sometimes in life, we come across a situation in which we know what is right for us but we are not able to do it. Have you faced any situation like this in your career or personal life?

We know what we should do but we haven't got enough reasons or maybe we have plenty of excuses, right?

Yes. Have you ever experienced a confused mind whether you should do it today or tomorrow?

I am sure we all have some friends who always try to encourage us to cancel or postpone the important work, isn't it?

Well, this is the time to remain firm with your commitment and push yourself to do it. Don't give in to those temptations, remain alert and just do it.

But the million-dollar question is how can you do it?

When your heart says, this is right for you, but there is something stopping you to do it, use this what I call as miracle drug to get things done.

It is "*just do it attitude*".

What do you have to do in this?

No questions and no analysis. Just get it done.

When nothing works, my final piece of advice to build your self-discipline is to develop a “just do it attitude”.

One of my close friend’s wife, Jalpa Patel, is the perfect example of ordinary person like you and me who clearly display this “just do it attitude”.

She is a working woman with two young kids. We all know how hard it is when you have two young kids and both parents are working full time.

After a long journey on her way back to home from office, she still had to do all the housework of cooking, cleaning and getting kids ready for school the next day.

Her typical day started very early at 4.30 am.

She did that for more than 7 years!

“*Didn’t you ever feel tired?*”, I asked her.

“*Yes, of course*”.

She replied instantly. “*How do you do that then?*” I asked her again.

“*Just have to do that*”, she replied calmly. I also found it hard some days but it was a necessity for life.

It was a commitment I made when I choose that job. I don’t think much, I just do it.

What an outstanding statement that is, “I don’t think much, I just do it.”

How profound your life can become if you just remember one piece of advice from her. Once you commit to something knowingly, there is no point thinking back and forth and get confused. Just keep going.

I remember my early days when I migrated to Australia, so many of my friends were struggling to get a job. There were many days we didn’t even have enough money.

I remember one incident from my friend. When I first came to Australia and I have never worked more than 8 hours a day and I saw my friend, Nilesh, he was doing two jobs in a day. Sometimes during his holiday, he worked more than 20 hours in a day.

I asked him curiously, “*how do you do that?*”

He said, “do what”? For him it was natural to work that many hours.

I asked again to elaborate further, “*how can you work so many hours every day, don’t you get tired?*”

He replied with a smile, “*Priyank, when you have a work to do, you just do it. Don’t think about anything else, just get it done and get paid. That’s all.*”

In some situations, you don’t need to find any reasons or motivation to be disciplined. You have to develop “*just do it attitude*”.

No question, no confusion, just do it.

Most people don't take enough actions in life because they wait until they feel like doing it and guess what, they never achieve anything worthy in their life. They spend more time postponing or waiting for the right time.

You simply have to start working with "just do it attitude" and slowly you will feel good and you will want to do it more.

Don't wait, don't think too much, just do it.