

# GOSSIP MADAM



## Self-Discipline

We all know, or have heard of, someone with incredible self-discipline. They get up at 5 a.m., meditate and plan their day, run for six miles, and then drink protein smoothie for breakfast. They do all of this before going to work. They never waste time, and their accomplishments are astonishing.

In fact, research on the achievements of 8th-grade students reveals that "Students with a strong sense of self-discipline significantly outperformed their less-disciplined peers on a range of academic indicators, including grades, achievement test scores, and attendance.

Additionally, self-discipline appears to be a better predictor of academic gain than is intelligence (as measured by an IQ test)."

Translating this research into the realm of working adults, how can you build the kind of self-discipline that

other people have and that these students demonstrated?

Discipline is critical to career success, so there are steps you can take that will help you become more self-disciplined?

*Here are some ways to help yourself become more self-disciplined than you are now.*

1. Start small, you don't need to wake up as a completely different person.
2. Identify What You Want to Do Differently.
3. Make a list. Part of self-discipline is knowing what you need to do and then doing it.
4. Make choices in advance. If your goal is to pay attention in meetings, choose to leave your phone at your desk. Just decide before the situation presents itself and you'll find it a lot easier to remain steadfast in the face of temptation.

5. Make use of technology. There are technological tools that can help you build self-discipline. You can set timers that limit the amount of time you spend playing a game or on your favorite time-wasting website.

In conclusion, many people want to become self-disciplined and then they make a mistake in their hoped-for routine on day two and give up. You will not make yourself perfectly disciplined overnight, so expect some failure to happen along the way. But, if you plan for it, and understand that you will fail from time to time, one mistake won't derail your whole plan on your way to success.

**Happy New Month!!!**

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