

Discipline Mind Hacks

Similar to willpower, discipline is a key ingredient to achieve big goals. To obey the rules of success, to follow your goals, or simply to do the goddamn work, discipline is essential.

By applying the hacks of the "Goal Setting" and "Willpower" cheat sheets you are more likely to reap little achievements throughout the day.

The problem is, once in a while we can not stay disciplined. Then, we lose a little energy. This is O.K. when it only happens once or twice. When it happens more often, we get prone to thinking "Gosh, I'm so weak". More and more energy is drained until we give up and give in to temptation. "O.K. I won't win a Nobel prize, let's just switch on the TV".

Thereby you build a negative self-image. No question, everyone has a dark side. The question is do you allow it to constantly chew away your motivation?

It is crucial to have a positive self-image. I suggest to (re)build it steadily by simply...

Writing a journal of successes

Write down small successes of the day. Every time you kept discipline, finished a task or reached a milestone. Big goals don't come by often, so use small goals, 3-5 points per day. Log them and rehearse them by the end of the week, the month. Be proud of them, whatever small they are. You don't have to tell others and justify. However, don't play them down. 1000 small steps lead to the top. Do not allow to miss any one of them. They are all equally important.

Monday	15 min workout, called an awkward customer, no sweets
Tuesday	decluttered 1/2 of the shed, 24h no curse words
Wednesday	resisted mobile notifications 3x, talked to interesting neighbor
Thursday	practized instrument 15min, cleaned 2 windows
Friday	finally talked to Liz about difficult case, only 30min youtube
Saturday	cut the hedge, cleaned car seats, again no sweets
Sunday	10min meditation, let the sun into my heart

Failures and missing discipline pops into our minds automatically. So give wins and successes more space in your mind by writing this journal.