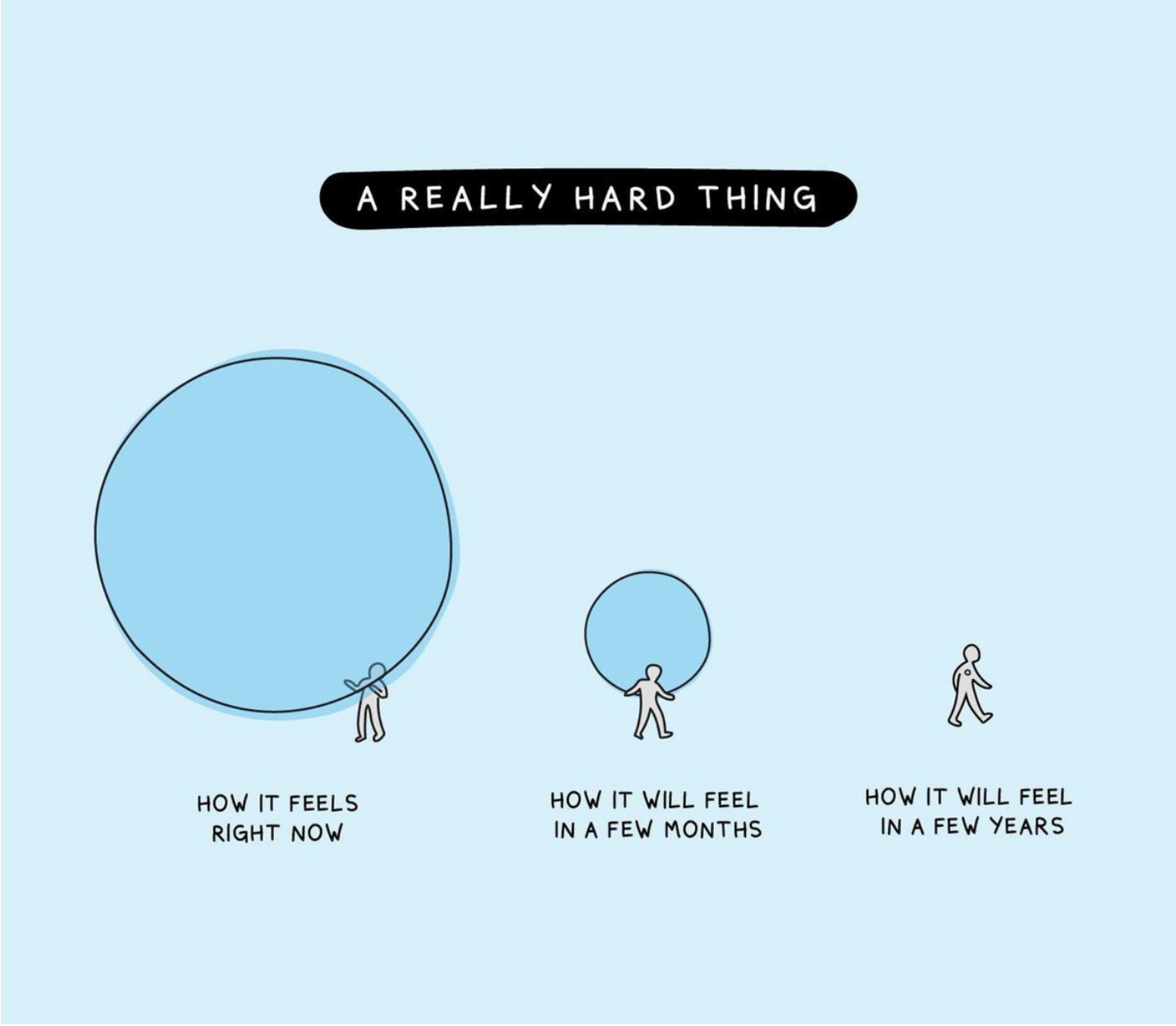
Twitter Thread by Art of Discipline

Art of Discipline
@Art0fDiscipline

"If you lack discipline, open this"

Psychology Thread



1. Self discipline is the ability to do what you need to do to reach your goals.

This is where discipline starts, have a clear goal.

Without a clear goal, you won't know where to put your efforts.

2. Have a strong why.

A clear goal isn't enough to warrant discipline.

You must have a strong reason to achieve your goal.

With a strong enough 'why' the reps come easier.

3. Your emotions get in the way.

The enemy of discipline is emotions.

You know you should go to the gym, but you don't feel like it.

You want to lose weight but crave cheesecake.

The reps you don't feel like doing are the ones that keep you on track.

4. Audit your day.

Write everything you do as you go through the day.

Before bed, review your list and note what doesn't align with your goals.

Tomorrow, make it a priority not to do them again.

5. Visualize achieving your goals.

Your brain can't tell the difference between real and imagined outcomes.

Imagine achieving your goals visually and your brain will feel it's already accomplished it.

Putting you in a state to take action.

6. Do valuable tasks first.

What's the most valuable task you could do today to move closer to your goals?

Make it a habit to do it when you first wake up.

Before email, messages, and boring tasks clutter your calendar.

7. Start small.

Change too many habits at once and you're guaranteed to revert to your old habits.

Pick one thing you'd like to change.

Make it a habit. Repeat.

8. Have friends hold you accountable.

Use social pressure as a motivator.

Ask your friends, business partners, or spouse to hold you accountable to your goals.

Then rise to the occasion. Don't let them down.

9. Take care of yourself.

Discipline becomes increasingly difficult as you get tired.

- Get plenty of sleep
- Stay hydrated
- Eat healthy
- Exercise

Discipline will always be easier when you're feeling good.

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Have an amazing day :)