### **Twitter Thread by Art of Discipline**





If you lack discipline, read these 10 quotes:

1.

Rule No. 27

Start where you are.
Use what you have.
Do what you can.

-ARTHUR ASHE
TENNIS PLAYER

## 2

# Plan Every Day in Advance

Planning is bringing the future into the present so that you can do something about it now.

ALAN LAKEIN

You have heard the old question, "How do you e elephant?" The answer is "One bite at a time!" How do you eat your biggest, ugliest frog? The

#### 54 EAT THAT FROG!

first few times. Be prepared to fail over and over l you get it right.

Wayne Gretzky, the great hockey player, once "You miss 100 percent of the shots you don't take." you have completed your preparations, have the coto take the first action, and everything else will from that. The way you develop the courage you is to act as if you already had the courage and baccordingly.

#### Take the First Step

When you sit down with everything in front of

#### EAT THAT FROG!

When you're running out of time and know that to insequences of not completing a key task or project or really serious, you always seem to find the time to good, often at the very last minute. You start early stay late, and you drive yourself to complete the jointh than face the unpleasantness that would follow it didn't complete it within the time limit.

Rule: There will never be enough time to do everything you have to do.

The average person in business today, especially nager in the age of cutbacks, is working at 110 to cent of capacity. And the jobs and responsibilities opiling up. We all have stacks of reading material have to go through. Many people have hundred rs of reading and projects backlogged at home an office.

ion. The better you become at eating a particular type of frog, the more likely you are to just plunge in and get it done.

A major reason for procrastination is a feeling of inadequacy, a lack of confidence, or an inability in a key area of a task. Feeling weak or deficient in a single area is enough to discourage you from starting the job at all.

Continually upgrade your skills in your key result areas. Remember, however good you are today, your knowledge and skills are becoming obsolete at a rapid rate. As Pat Riley, the basketball coach, said, "Anytime you stop striving to get better, you're bound to get worse."

#### **Never Stop Learning**

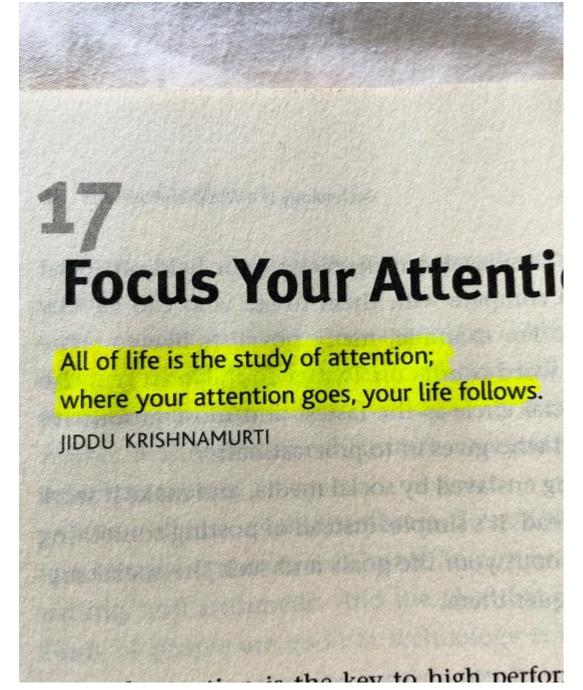
One of the most helpful of all time management techniques is for you to get better at your key tasks. Personal

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ome procrastination and get the job done far better than under any other circumstances. The piece of information or one additional skill an enormous difference in your ability to do ell. Identify the most important things you do, make a plan to continually upgrade your skill areas.

Rule: Continuous learning is the minimum requirement for success in any field.

use to allow a weakness or a lack of ability in o hold you back. Everything is learnable. And we have learned, you can learn as well. I began to write my first book, I was discourated I could use only the hunt-and-peck methods. I soon realized that I had to learn to touch-to-market to write and rewrite a 300-page boost of the state of the st

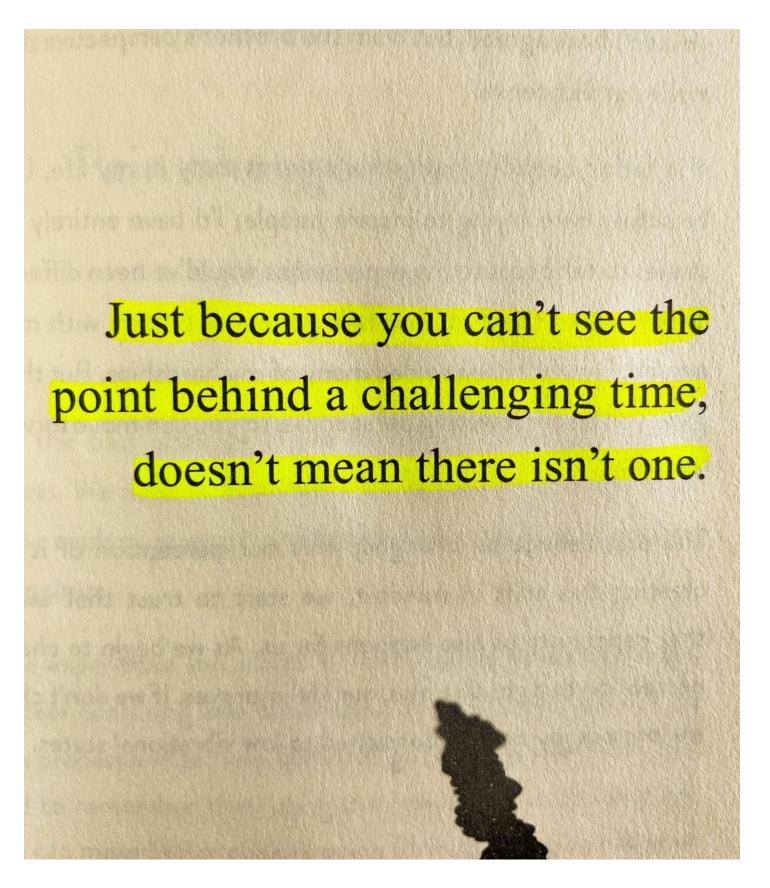


EAT THAT FROG!

Rule: It is the *quality* of time at work that counts and the *quantity* of time at home that matters.

#### rk All the Time You Work

eep your life in balance, you should resolve to we he time you work. When you go to work, put you down and work the whole time. Start a little early a little later, and work a little harder. Don't was been been been been been been balance, you spend in idle chitchat workers is time taken away from the work that you spend in idle work th



## Consistency leads to results

We must be consistent as we strive to achieve our goals.

gine that you want to build lean muscle, so you purchan e-month workout and nutrition plan from a personal tra then follow 50 per cent of the instructions, but after a m

Thanks for reading!

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- 2. Retweet the first tweet

Have an amazing day:)