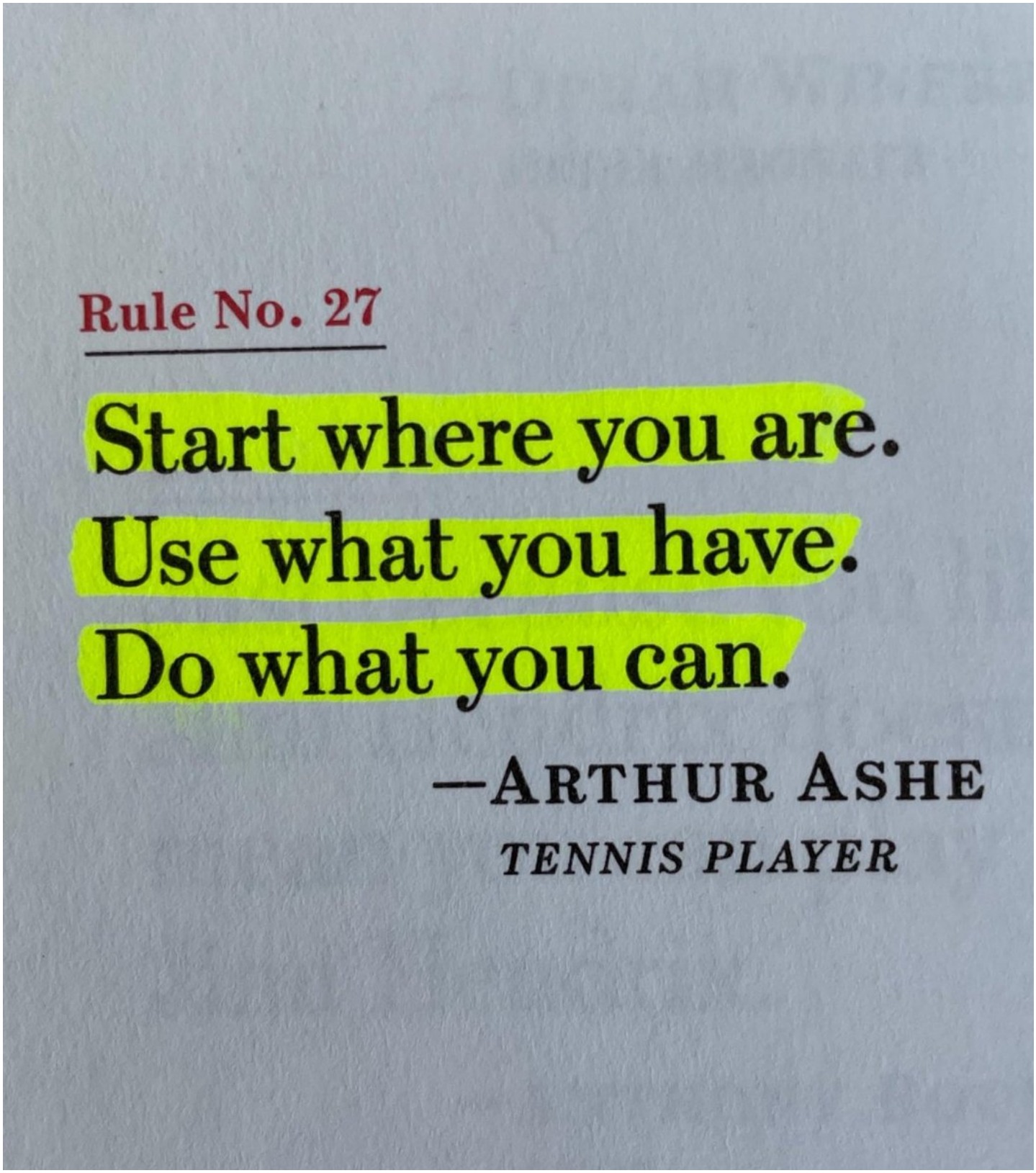
Twitter Thread by Art of Discipline



Art of Discipline
@Art0fDiscipline

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.

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

3.

first few times. Be prepared to fail over and over b
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 co
to 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 b
accordingly.

Take the First Step

When you sit down with everything in front o

4.

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

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

he average person in business today, especiall
nager in the age of cutbacks, is working at 110 to
ent of capacity. And the jobs and responsibilities
piling up. We all have stacks of reading materia
have to go through. Many people have hundred
rs of reading and projects backlogged at home an
office.

that you will never be caught

5.

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

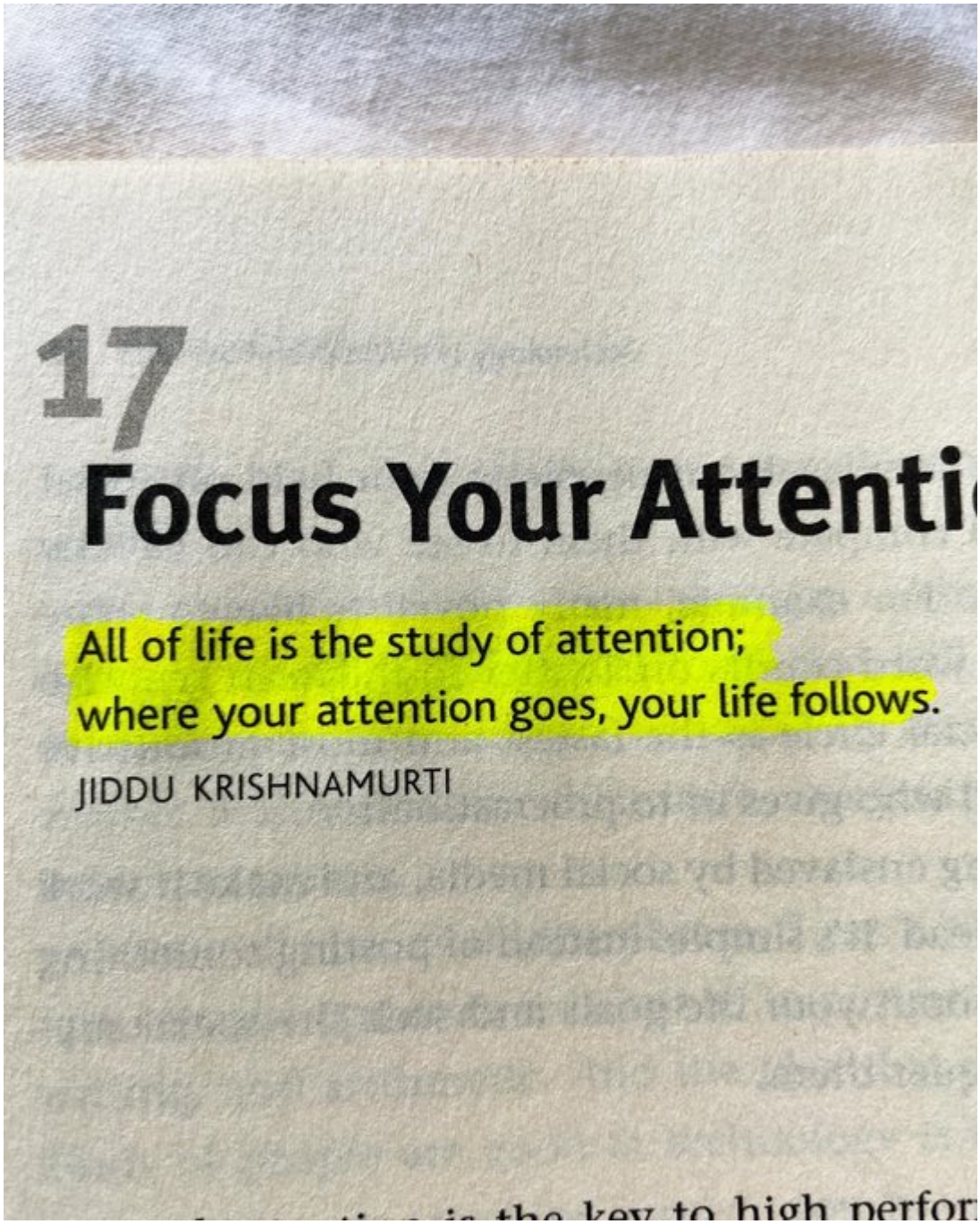
6.

that you can do a job well, you find it easier
ome procrastination and get the job done fas
etter than under any other circumstances.
e 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.

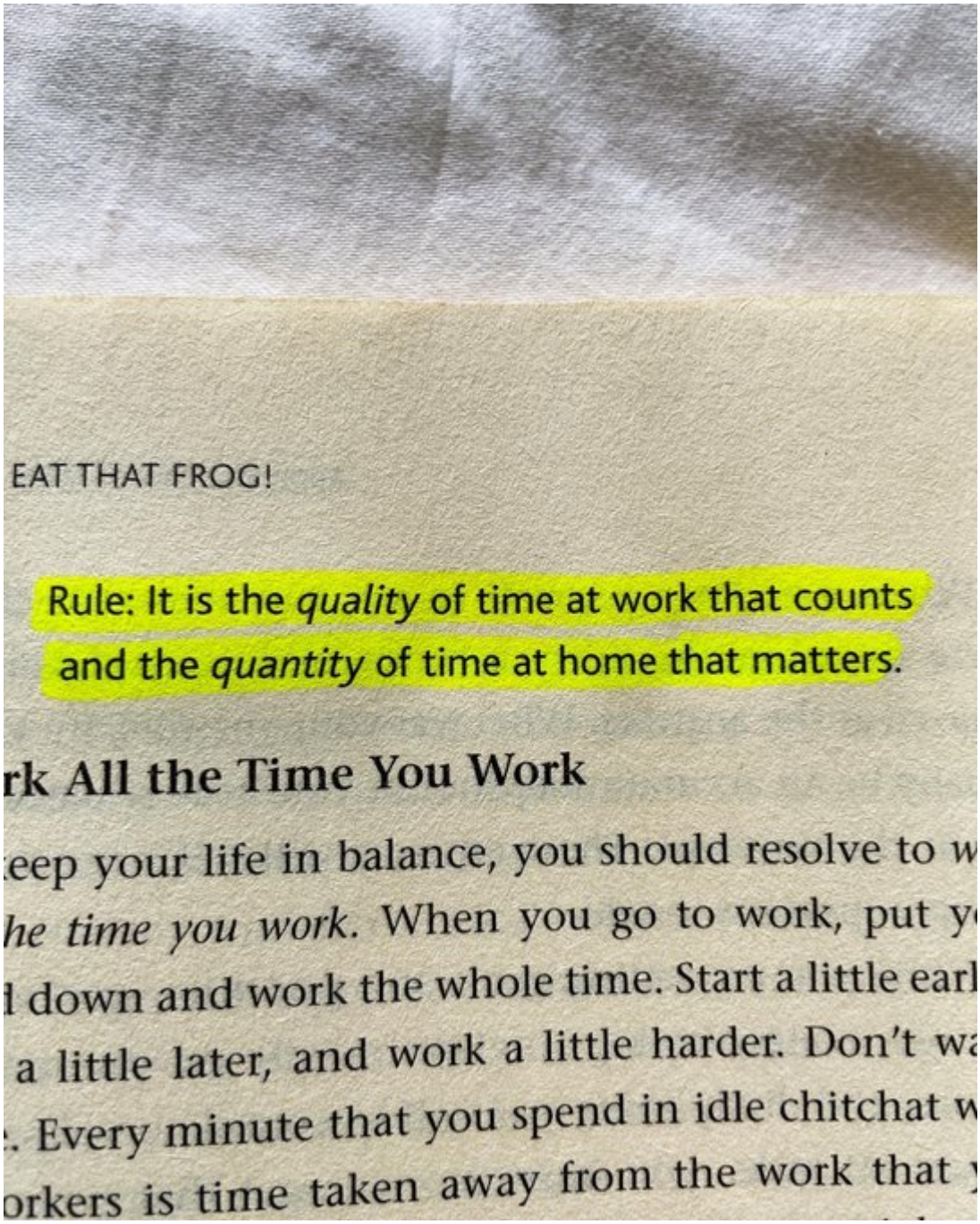
Rule: Continuous learning is the minimum requirement for success in any field.

use to allow a weakness or a lack of ability in
o hold you back. Everything is learnable. And w
s have learned, you can learn as well.
ıen I began to write my first book, I was discoura
se I could use only the hunt-and-peck metho
g. I soon realized that I had to learn to touch-t
going to write and rewrite a 300-page bo

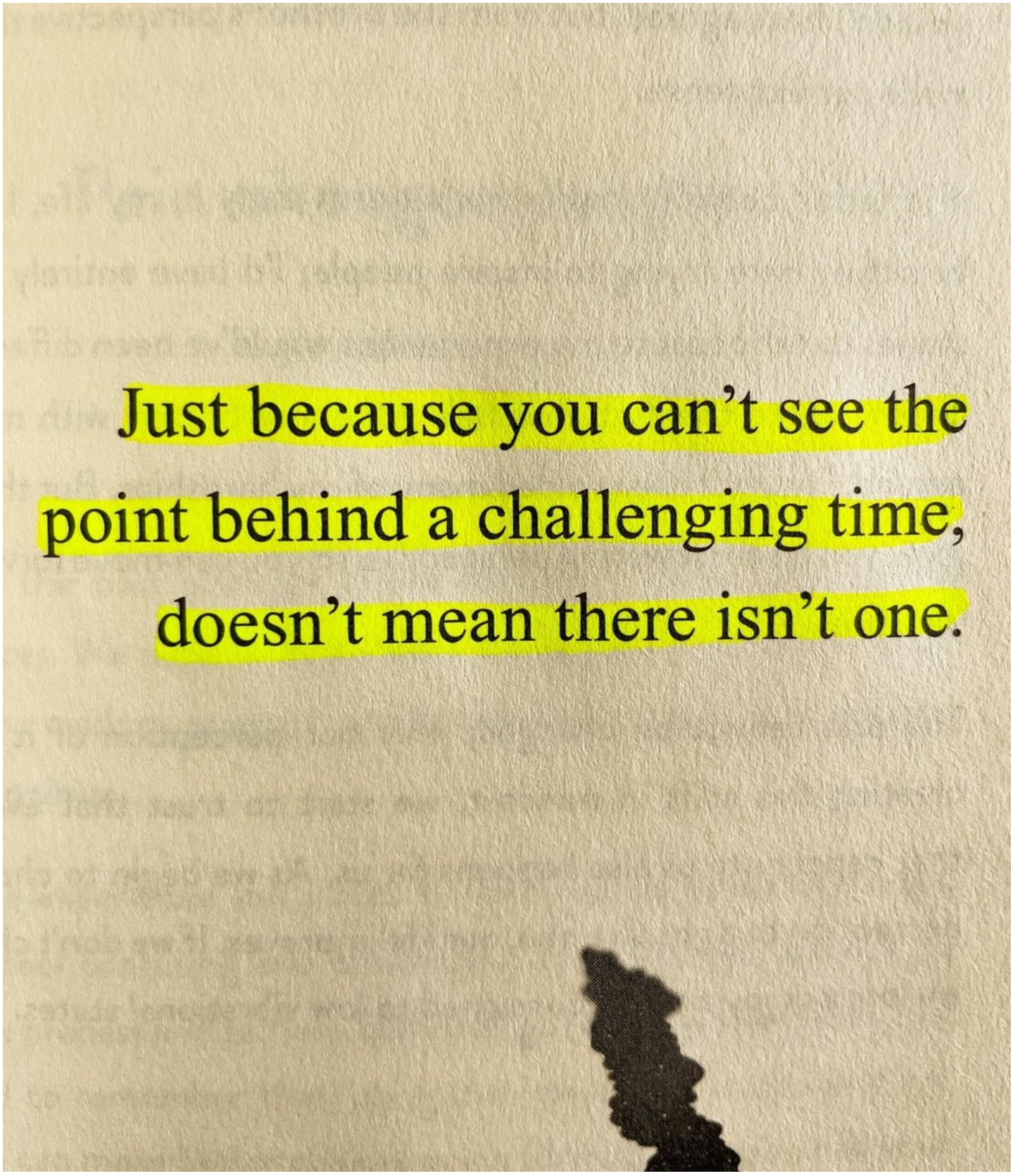
7.


17
Focus Your Attenti
All of life is the study of attention;
where your attention goes, your life follows.
JIDDU KRISHNAMURTI

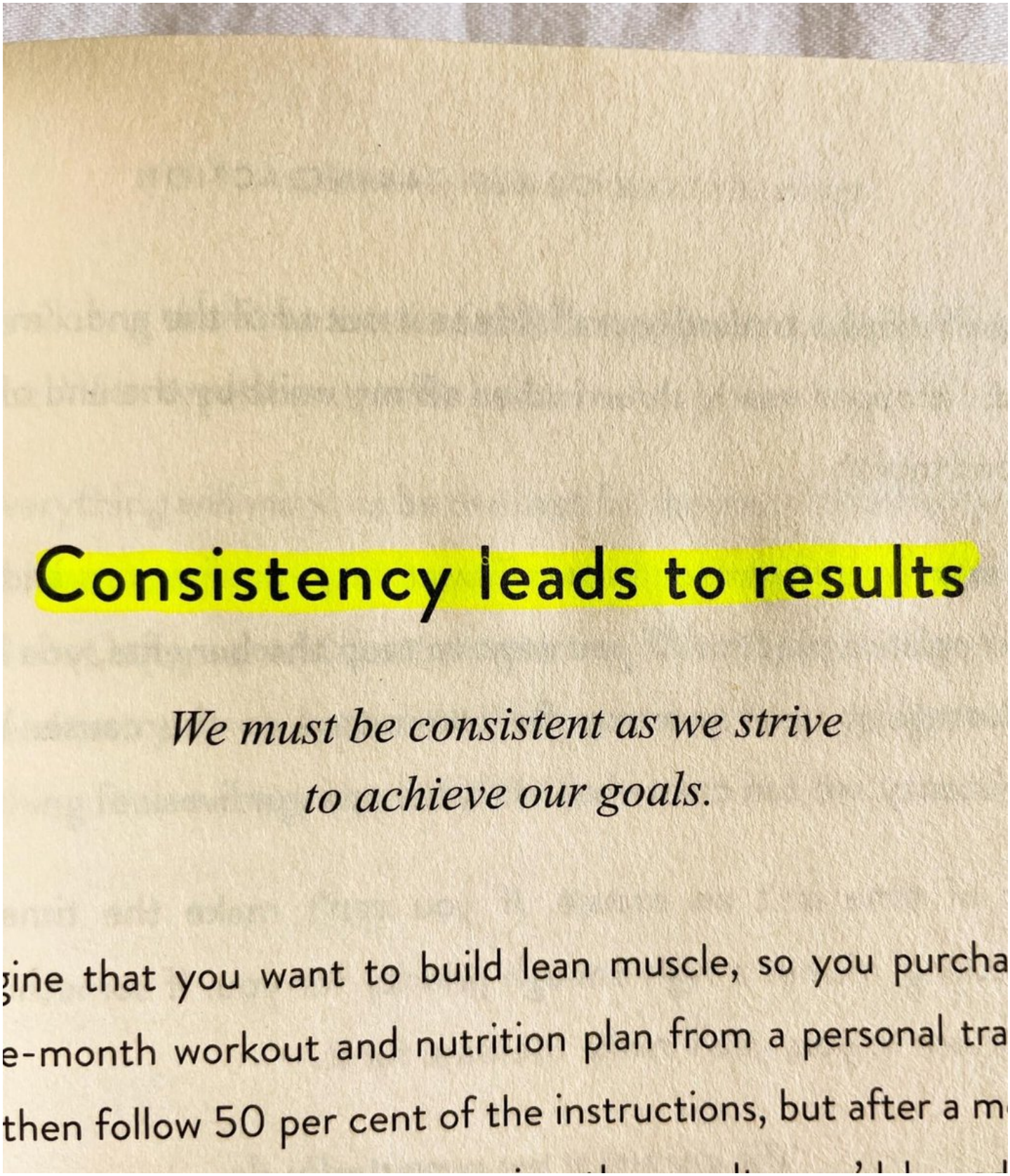
8.


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 w
he time you work. When you go to work, put y
l down and work the whole time. Start a little earl
a little later, and work a little harder. Don't wa
. Every minute that you spend in idle chitchat w
orkers is time taken away from the work that

9.


Just because you can't see the
point behind a challenging time,
doesn't mean there isn't one.

10.



Thanks for reading!

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2. Retweet the first tweet

Have an amazing day :)