

# Excellence ■ Success ■ Happiness



## Discipline

August 2008

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*The big secret in life is that there is no big secret. Whatever your goal, you can get there if you're willing to work. Oprah Winfrey*

### The Five Pillars of Self-Discipline – A WHIP!

The five pillars of self-discipline are: Acceptance, Willpower, Hard Work, Industry, and Persistence. If you take the first letter of each word, you get the acronym "A WHIP" – a convenient way to remember them, since many people associate self-discipline with whipping themselves into shape.

Acceptance means that you perceive reality accurately and consciously acknowledge what you perceive.

Willpower is your ability to set a course of action and say, "Engage!"

Hard work is that which challenges you.

Industry is working hard. In contrast to hard work, being industrious doesn't necessarily mean doing work that's challenging or difficult. It simply means putting in the time. You can be industrious doing easy work or hard work.

Persistence is the ability to maintain action regardless of your feelings. You press on even when you feel like quitting.

### About Napoleon Bonaparte

Born **Napoleone di Buonaparte** in Ajaccio on Corsica and (15 August 1769 – 5 May 1821) was a French military and political leader who had a significant impact on modern European history.

A general during the French Revolution, the ruler of France as *First Consul* of the French Republic and *Emperor of the French* and King of Italy, *Mediator* of the Swiss Confederation and *Protector* of the Confederation of the Rhine.

Italian campaigns, Egyptian Expedition, War of the 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> Coalitions, Peninsular war, Invasion of Russia are attributed to him.

Legacy includes the metric system. Bonapartism. Napoleonic code, autocracy, Napoleon complex, warfare, etc

### Open Secrets on Discipline

To stay on the track of discipline–

- *Be consistent and flexible*
- *Learn*
- *Stay proactive*
- *Put it on paper*
- *Just do it*
- *Do what you say you will do*
- *Just say NO*
- *Never give up!*

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### Ethics through Self-Discipline: 10 Tips for Success

by Mark S. Putnam Source: [www.steetcher.com](http://www.steetcher.com)

1. Just do it. Consciously decide that you really want to be someone who practices self-discipline in your attitude and ethics. Say to yourself, "I am going to play by the rules As long as you require outside intervention to stay ethical, you won't develop self-discipline."
  2. Learn the rules. Clarify what you will and will not do. Educate yourself so you won't make ignorant mistakes. Rules, policies, regulations, and standard operating procedures can be overwhelming. But you must resolve that you will never make an ethical decision without knowing what the rules are.
  3. Be accountable. Accept responsibility for your behavior. Don't blame others for your unfortunate actions and decisions. The extent of your personal damage control should be, "I'm sorry. I take full responsibility for my actions and I will make it right."
  4. Practice. Self-discipline is something you can teach yourself. Self-discipline is not a spectator sport. It requires numerous cycles of practice, failure, and success.
  5. Eliminate harmful habits. If you tend to stretch the truth, cut it out. Put an end to the harmful habits immediately.
  6. Set and complete goals. There is nothing more satisfying and rewarding than achieving a hard-earned goal. Ethical goals can be, "When I feel tempted to stretch the truth, I will be factual." "
  7. Do what you say you will do. Finish what you start. Stay on task. It shows ethical honesty.
  8. Ignore peer pressure. It's easy to be ethical without the negative influence of others. You can't escape ethical conflicts with your peers at work. Peer pressure can be the most difficult challenge to your personal ethical values.
  9. Do activities that enhance your self-discipline like exercising, sports, or practicing a musical instrument. The fact is, attaining self-discipline in one area of life will translate to other areas of life as well.
  10. Don't give up. Moral and ethical values are not skin deep. You simply can't walk away from them when times get tough. Many things in life are negotiable, your principles are not.
- The personal rewards of building strong ethical character are well worth the journey. The benefits go far beyond your business at work and will transcend to all areas of life.



*Success is nothing more than a few simple disciplines, practiced every day.*

Jim Rohn

*Our ultimate freedom is the right and power to decide how anybody or anything outside ourselves will affect us.*

Stephen Covey

### Lateral Thinking on Discipline

#### Season Pass??!!

It was fresher's day at a coeducation college.

The principal said "In our college we are very strict and follow discipline. The boys and girls hostel are separate. If we find any boy entering the girl's hostel, a fine of 100 dollars will be levied first time. If he is caught second time 200 dollars will be charged. Third time 500 dollars will be charged."

Immediately a boy sitting in the last row raised his hand and asked "What is the rate for the season pass??!!"

### What Is Self-Discipline?

by Steve Pavlina

Self-discipline is the ability to get yourself to take action regardless of your emotional state.

Imagine what you could accomplish if you could simply get yourself to follow through on your best intentions no matter what. Picture yourself saying to your body, "You're overweight. Lose 20 pounds." Without self-discipline that intention won't become manifest. But with sufficient self-discipline, it's a done deal. The pinnacle of self-discipline is when you reach the point that when you make a conscious decision, it's virtually guaranteed you'll follow through on it.

Self-discipline is one of many personal development tools available to you. Of course it is not a panacea. Nevertheless, the problems which self-discipline can solve are important, and while there are other ways to solve these problems, self-discipline absolutely shreds them. Self-discipline can empower you to overcome any addiction or lose any amount of weight. It can wipe out procrastination, disorder, and ignorance. Within the domain of problems it can solve, self-discipline is simply unmatched. Moreover, it becomes a powerful teammate when combined with other tools like passion, goal-setting, and planning.

### Building Self-Discipline

My philosophy of how to build self-discipline is best explained by an analogy. Self-discipline is like a muscle. The more you train it, the stronger you become. The less you train it, the weaker you become.

Just as everyone has different muscular strength, we all possess different levels of self-discipline. Everyone has some — if you can hold your breath a few seconds, you have some self-discipline. But not everyone has developed their discipline to the same degree.

Just as it takes muscle to build muscle, it takes self-discipline to build self-discipline.

The way to build self-discipline is analogous to using progressive weight training to build muscle. This means lifting weights that are close to your limit. Note that when you weight train, you lift weights that are within your ability to lift. You push your muscles until they fail, and then you rest.

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### Old wine in new bottle – Discipline in School

A school teacher injured his back and had to wear a plaster cast around the upper part of his body. It fit under his shirt and was not noticeable at all. On the first day of the term, still with the cast under his shirt, he found himself assigned to the toughest students in school.

Walking confidently into the rowdy classroom, he opened the window as wide as possible and then busied himself with desk work. The classroom became a bit unruly and he admonished them. This happened several times.

When he could do work at his desk, the strong breeze from the window made his tie flap annoyingly. He kept rearranging and rearranging the tie as the class raised it's level of unruliness.

Finally, becoming disgusted with the wayward tie, he stood up and took a big stapler off his desk and stapled the tie to his chest in several places.

Discipline was not a problem from that day forth.