

Forum:[Hack Forums](#)

Thread: [What are the different ways to develop self discipline?](#)

ethellooking - October 1, 2020, 10:24 pm

self-discipline is often future-oriented, but it's pretty hard to come out of your present situation, 'stand next to yourself' and extrapolate the consequences of your actions, especially in the heat of the current moment.

can you recommend me a way to do it easier?

duckarcher - October 1, 2020, 10:26 pm

Honestly just try, you will fail a few times but that is how you'll learn. Trust me, I made huge mistakes and those are how i learned.

ethellooking - October 1, 2020, 10:27 pm

(Oct 1, 2020 10:26 PM)duckarcher Wrote: [\[CITE\]](#) Honestly just try, you will fail a few times but that is how you'll learn. Trust me, I made huge mistakes and those are how i learned.

Thank you for sharing. respect and good luck my friend

FCC - October 1, 2020, 10:35 pm

Honestly man you just gotta do it. There is no guide, there is no 10 easy steps to discipline yourself. As shia labeouf once said "Just do it". Set a goal for yourself and figure out the steps you need to take to achieve that goal then shoot for those steps. It's not something that is gonna happen overnight. You need to start building up the right habits for yourself and most of all you have to want it. If you don't want it then you wont do it.

duckarcher - October 1, 2020, 10:37 pm

(Oct 1, 2020 10:35 PM)FCC Wrote: [\[CITE\]](#) Honestly man you just gotta do it. There is no guide, there is no 10 easy steps to discipline yourself. As shia labeouf once said "Just do it". Set a goal for yourself and figure out the steps you need to take to achieve that goal then shoot for those steps. It's not something that is gonna happen overnight. You need to start building up the right habits for yourself and most of all you have to want it. If you don't want it then you wont do it.

Yep, 1 habit at a time.

ethellooking - October 1, 2020, 10:40 pm

(Oct 1, 2020 10:35 PM)FCC Wrote: [\[CITE\]](#) Honestly man you just gotta do it. There is no guide, there is no 10 easy steps to discipline yourself. As shia labeouf once said "Just do it". Set a goal for yourself and figure out the steps you need to take to achieve that goal then shoot for those steps. It's not something that is gonna happen overnight. You need to start building up the right habits for yourself and most of all you have to want it. If you don't want it then you wont do it.

ok just go ahead and things will start to change. respect your opinion

Truth - October 1, 2020, 10:44 pm

A big part of Freedom is your ability to have self-control/discipline. So just ask yourself, do you value freedom?

Prove it

ethellooking - October 1, 2020, 10:47 pm

(Oct 1, 2020 10:44 PM)Truth Wrote: [\[CITE\]](#) A big part of Freedom is your ability to have self-control/discipline. So just ask yourself, do you value freedom?

Prove it

I think you are so profound. I will think about how you want me to navigate. Thank you very much

alae - October 2, 2020, 3:11 am

You just need to take action , just do it , it may be hard but don't give up.

You need to change your perceptions and habits and know your weaknesses in order to improve them !

mike.vronsky - October 2, 2020, 10:45 am

these Tips may help You

- 1) Know your weaknesses
- 2) Remove temptations
- 3) Set clear goals and have an execution plan
- 4) Change your perception about willpower
- 5) Eat often and healthy
- 6) Create new habits by keeping it simple
- 7) Don't wait for it to "feel right."
- 8) Schedule breaks, treats, and rewards for yourself
- 9) Forgive yourself and move forward

mindshift5 - October 2, 2020, 10:46 am

Well self discipline is not easy to practice at first. Especially if you like instant gratification..

There's no clear cut way..

Discipline is very much proportional to what you want to achieve in the long term and who you want to be in the process..

The thing is what are you willing to give your best for?

ethelooking - October 4, 2020, 12:52 am

(Oct 2, 2020 03:11 AM)alae Wrote: [\[CITE\]](#) You just need to take action , just do it , it may be hard but don't give up.

You need to change your perceptions and habits and know your weaknesses in order to improve them !

It seems that patience is the key to discipline. Thank you

YikesAu - October 4, 2020, 12:58 am

(Oct 1, 2020 10:24 PM)ethelooking Wrote: [\[CITE\]](#) self-discipline is often future-oriented, but it's pretty hard to come out of your present situation, 'stand next to yourself' and extrapolate the consequences of your actions, especially in the heat of the current moment.

can you recommend me a way to do it easier?

I feel like when bad things happen you, you are more disciplined. I know thats personally how it works for me. Obviously everyone is different but thats just me.

Starks - October 4, 2020, 1:05 am

You have to make that conscious decision and start working towards it. Take baby steps, though, and don't be too hard on yourself.

davieb - October 4, 2020, 7:05 am

(Oct 1, 2020 10:24 PM)ethelooking Wrote: [\[CITE\]](#) self-discipline is often future-oriented, but it's pretty hard to come out of your present situation, 'stand next to yourself' and extrapolate the consequences of your actions, especially in the heat of the current moment.

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Look into meditating mate. Mind Valley has some very good courses you can run through and will help with discipline and self help and self improvements. They can be used to break addictions and train your body some discipline. I know it's hard though as the right choice in life is usually the hardest! Hope you find something that helps

Skateboard - October 4, 2020, 7:37 am

(Oct 1, 2020 10:24 PM)ethelooking Wrote: [\[CITE\]](#) self-discipline is often future-oriented, but it's pretty hard to come out of your present situation, 'stand next to yourself' and extrapolate the consequences of your actions, especially in the heat of the current moment.

can you recommend me a way to do it easier?

To develop self-discipline is to attain a virtuous yearn to be great at what you do like motivation which come from within.

AmineB - October 4, 2020, 9:23 am

There are plethora of ways to develop self discipline but I recommend you some of these

- 1- Know your weaknesses as we all have weaknesses.
- 2- Remove temptations.
- 3- Set clear goals and have an execution plan.
- 4- Build your self-discipline.
- 5- Create new habits by keeping it simple.
- 6- Eat often and healthy.
- 7- Change your perception about willpower.

ethelooking - October 6, 2020, 3:54 am

(Oct 4, 2020 09:23 AM)AmineB Wrote: [\[CITE\]](#) There are plethora of ways to develop self discipline but I recommend you some of these

- 1- Know your weaknesses as we all have weaknesses.
 - 2- Remove temptations.
 - 3- Set clear goals and have an execution plan.
 - 4- Build your self-discipline.
 - 5- Create new habits by keeping it simple.
 - 6- Eat often and healthy.
 - 7- Change your perception about willpower.
- very clear and easy to understand. Thank you

Bob the Builder - October 6, 2020, 7:28 pm

It is not very difficult to develop self-discipline habits if we follow this easy guide.

Start taking small actions to make things better.

Do the things that hurt you less.

Exercise or healthy eating.

Appreciate your life and helps others.

ethelooking - October 7, 2020, 1:28 am

(Oct 6, 2020 07:28 PM)farazhussain2015 Wrote: [\[CITE\]](#) It is not very difficult to develop self-discipline habits if we follow this easy guide.

Start taking small actions to make things better.

Do the things that hurt you less.

Exercise or healthy eating.

Appreciate your life and helps others.

thanks for the helpful advice ... i will try to implement them