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Thread: [How best to develop personal discipline?](#)

littleblueguy24 - January 1, 2023, 4:49 am

Post your advice and what works for you as relates to building discipline.

diablospartan - January 1, 2023, 6:45 am

Well i have a big problem as some days i can work hard then i cannot continue i cannot keep consistency each day

But in my case what helps me its :

A to do list

Practice gratitude

Trying to find for positive in life

akhi - January 1, 2023, 7:25 am

Peace be upon you.

If starting from scratch (ie. staying in one spot all day or sleeping all day and accomplishing nothing), I recommend start small.

If you are taken care of, and have no bills, I would start by working out.

Start small, start slow, take it easy. Stretch. Stretch warm.

What this means is, put on some shoes and some comfortable clothes, and go run down your street or around your neighborhood. Pause when you get too tired, breathe, then continue running back towards your house. If you have a designated area that could be used for laps, just take it easy and do one. After you run up a sweat or a heartbeat above turtle-levels, stretch.

Stretch your arms. Bend at the waist, not the back. Stretch down to your feet, whether you can only reach your knees or you can touch the floor. Try and do every stretch three times. If it hurts, you're trying too hard. Remember, ease.

Spread your legs, stretch to the right foot (or knee, or whatever is comfortable currently) and then the left, then the middle. Try to do each three times.

Sit, stretch those legs again. Turn to look over your shoulder on each side, stretch that back.

Loosen up.

This should be more than enough to get your body used to getting out of bed. Once you acclimate to activity from doing this, try and do it every day, or run farther than last week, or whatever is comfortable.

Remember what the Prophet, peace and blessings be upon him, said about maintaining acts of worship. It is better to do one small thing every day than one big thing for a couple days, burn out and never return to it.

Take it easy, but get up and get warm and loose. Whether its every day, or once a week, or once a

month, eventually your body will acclimate and you will find the endorphins to continue.

After awhile, try adding some pushups or sit ups after your stretching, or go to the internet for more workouts.

After you are used to using energy efficiently, get a job! This is why I emphasized taking it easy.

If you are trying too hard to be Chuck Norris or David Goggins, you may not have any energy left for obligations.

Get a job you can manage, even if it doesn't pay much. Don't put too much stress on yourself. If you aren't used to working, go work at a small kiosk type store in a mall, or work at a department store selling clothes, or if you can handle some stress, try restaurants or factories.

Make sure you don't stop working out. Remember you got your energy to go to work by getting up and running down the street! This is the best way to stay healthy physically and mentally while you save up some money.

These two things will boost, God Willing, confidence, happiness, efficiency, knowledge, and experience. Use the energy bank that slowly grows as your actual bank does to invest in yourself for the future.

May God bless you for your seeking and may you and I both continue to seek more and push ourselves, even if it's just a little bit at a time, to improve our situations!!

interbellum - January 1, 2023, 9:09 am

My personal advice is hitting the gym. It will eventually get you more discipline. Well that's what I experienced.

SpiritualDose - January 1, 2023, 9:57 am

Well my self discipline started when I went to rehab to get off of Alcohol and Coke.

At first it's super hard, but I took my "I don't want to do that, so fuck it I'm not going to" to "I don't want to do that, but fuck it let me just get it done" and that's helped me tremendously.

I had to adjust my sleep schedule, going to sleep early waking up early, I had to do make a lot of major changes but the self discipline I have now is very strong but I can get complacent and fall back onto my old ways. So staying vigilant even after making changes is very important

forever - January 1, 2023, 5:33 pm

I would tell you that discipline is something that you need to build every day. It is very important to be able to control your emotions and your urges. Discipline is like a muscle, the more you work on it, the stronger it will become! You need to set goals for yourself and you need to stick to them. You need to be accountable for your actions and you need to take ownership of your mistakes. You can become more disciplined by setting small goals and challenges for yourself. If you can successfully complete your goals and challenges, you will build discipline.

Eran - January 2, 2023, 4:58 am

Make a to-do list every night before you go to sleep. And the next day push through it no matter how much your brain and body is telling you not to. Just do it. No naps. No scrolling for hours and "then"

you'll do it. Discipline is about doing the things you don't want to today so you can do the things you want to tomorrow.

Also, gym.

indra - January 2, 2023, 9:30 am

Motivate yourself to do the thing you want to be disciplined in and then you'll start doing it without any motivation or encouragement, it becomes a normal every day routine.

pandabay - January 2, 2023, 10:37 am

just reading a lot of motivational books and watching real "gurus" on the tube, trying to expertise in things i have learnt step by step

DashPHP - January 3, 2023, 2:46 am

It has to be for a much bigger reason. Mine is financial freedom and that alone keeps me going strong.

Motivation is also a scam. Discipline is what you're after.

Mac Miller - January 3, 2023, 4:36 am

Set a time to get up. Be 5am or 8am, whatever works for you. personally I've been trying for 5am but can only manage 8am right now.

Make your bed. Generic but this is the first accomplishment out of the way, it makes you feel good, and you'll always have an nicely made bed to come back to after a long day.

Take cold showers. They're actually not cold. You need to get your body used to being uncomfortable.

Workout. This is how you truly develop discipline. Run. 4 times a week. Do body workouts 5 times a week. Burpees, Planks, Pushups, Russian Twists.

Do you smoke? Stop. I'm having trouble with this one myself, but using working out to deal with craving from smoking is working. Everytime you think about smoking do 5-10 burpees or something.

Do these things for 2 months and you will see a difference in yourself.

Smexy - January 3, 2023, 4:48 am

I just think personal discipline is created by making a habit and keep doing it for months.

N - January 3, 2023, 6:33 am

Being consistent with something = discipline.

Whether it's a job, going to the gym, personal goals, sleeping/waking up at the same time, eating habits, daily routines, working towards the future goal etc.

Pikachu - January 3, 2023, 9:28 am

Set some goals for yourself, each time you set a goal and you accomplish it set another more difficult goal.

I managed to go full vegetarian for a year straight before to test my self discipline. I can happily say I managed to achieve that goal, however there's still tons more I have to do to work on my self discipline.

DashPHP - *January 3, 2023, 11:42 am*

You need to realise that the world is now ultra competitive and slacking just leaves you no where fun.

That's how I go and I use every minute of the day either working or sleeping.