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What is Self Discipline

Self-discipline is the key to achieving your goals!

DEFINITION

> Self-discipline is the ability to control your actions and emotions to reach your goals. It helps you stay focused and make good choices, even when it's hard.

KEY CONCEPTS

Goal Setting

Setting clear and specific goals helps you know what you want to achieve.

Impulse Control

This means resisting temptations that distract you from your goals.

Consistency

Doing things regularly, even when you don't feel like it, builds strong habits.

Time Management

Using your time wisely allows you to prioritize tasks and stay organized.

Positive Mindset

Believing in yourself and staying positive helps you overcome challenges.

EXAMPLES

→ Completing homework before playing video games.

→ Waking up early to exercise before school.

→ Saving a portion of your allowance for a desired toy.

MEMORY TIPS

★ Remember 'GICTP' for Goal, Impulse, Consistency, Time, Positive.

★ Visualize a strong tree representing your self-discipline growing over time.

★ Use the phrase 'Do it now!' to remind yourself to take action immediately.

COMMON MISTAKES

✗ Procrastinating tasks until the last minute.

✗ Giving in to distractions like phone notifications.

✗ Setting unrealistic goals that are hard to achieve.

QUICK RECAP

Self-discipline is about controlling your actions to achieve your goals. It involves setting goals, managing time, and staying consistent. Remember to practice impulse control and maintain a positive mindset for success.