

# SELF-DISCIPLINE



From John C. Maxwell's book The 21 Indispensable Qualities of a Leader, there are three things to help you become more self-disciplined.

## **SORT OUT YOUR PRIORITIES**

Think about which two or three areas of life are most important to you. Write them down, along with the disciplines that you must develop to keep growing and improving in those areas. Develop a plan to make the disciplines a daily or weekly part of your life.

A graphic featuring a yellow basketball with black lines, positioned above a large, grey checkmark. The checkmark is centered and spans across the width of the page, with the basketball resting on its upper curve.

## **LIST THE REASONS**

Take the time to write out the benefits of practicing the disciplines you've just listed. Then post the benefits someplace where you will see them daily. On the days when you don't want to follow through, reread your list.

## **GET RID OF EXCUSES**

Write down every reason why you might not be able to follow through with your disciplines. Read through them. You need to dismiss them as the excuses they are. Even if a reason seems legitimate, find a solution to overcome it. Don't leave yourself any reasons to quit. Remember, only in the moment of discipline do you have the power to achieve your dreams.

*"The best time to plant a tree is twenty-five years ago. The second best time is today."*