



The power of self-discipline



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Self-discipline

Self-discipline is the effective use of the invincible mindset, which plans and controls every activity that you do, and helps you to turn your dreams into reality consistently. It helps you accomplish every scheduled task, even in the most challenging times when you do not feel like doing anything.

Self-discipline is all one requires to be successful in life; “All successes begin with self-discipline.” Dwayne Johnson. It is the key to unlock your full potential; “The first and best victory is to conquer self.” Plato. There is absolutely no goal you cannot accomplish if you discipline yourself.

Jim Rohn wrote, “Discipline is the bridge between goals and accomplishments.” Napoleon Hill also wrote, “Self-discipline enables you to think first and act afterwards.” According to Mahatma Ghandi, “The future depends on what we do in the present.”

Grenville Kleiser alluded that, “By constant self-discipline and self-control, you can develop greatness of character.” Joseph Addison emphasized, “Self-discipline is that which, next to virtue, truly and essentially raises one man above another.” Besides, Jim Rohn wrote, “Discipline is the bridge between goals and accomplishments.” “Without self-discipline, success is impossible.” Lou Holtz.

Conquering your fear of failure

Some people naturally grow up fearing failure because they were born in such societies, where failure is unacceptable because of perfectionism. When they experience adverse effects of previous failures, they develop a fear of failing again. They get butterflies in their stomachs every time they think about disappointing their

loved ones, because of their negligence, so they try to avoid doing anything that can cause them, and their loved ones to lose face in front of other people.

A favourite excuse of people who fear failure is the saying “better safe than sorry”. When you have an irrational fear of failing, you don’t give yourself the chance to succeed. You would rather stay “safe” in your comfort zone without challenging yourself. You are too afraid to try anything new. Or if you try, you quit far too early because you doubt your capacity and do not think you will ever succeed. This mindset is kind like an obstacle to success. When taking on new challenges, risks are inherent! When you don’t take risks, you avoid falling. But smart and well-disciplined people know that risk-taking is worth a try, not all risk is bad. Studying and calculating the odds of success throughout the risk profile helps in mitigating the adverse effects of taking risks. Meticulous planning is vital in minimizing risk and failure.

When setting yourself up to reach a new goal, you try to learn all the details about what you hope to do so you know if your plan is workable and achievable. If you apply the methods of choosing, specifying and visualizing your goals, then you will give yourself no other choice but to succeed. If you overcome your fear of failure, knowing the exact steps to realize your dream, you leave very little to chance.

Overcoming your fear of success

Most people can easily understand and relate to fear of failure. Worrying about success is another matter that many people do not readily comprehend because the symptoms are easily mistaken for insecurity and procrastination. This section covers the significant signs that characterize this kind of fear.

The first sign is that you feel you do not need growth or feel unworthy. You stifle your growth and even greater success because you feel like a charlatan. You think someone

else deserves development more than you do and believe you have a blessing of resources; a head-start that other people work hard to get.

The second sign of fearing success is when you fear other people's expectations on you. You are afraid they will expect something from you, which you can not possibly deliver. Being in the spotlight and being successful can bring about people who expect you to be a constant achiever. For example, you are afraid that if you become a successful writer, people will expect you to write best-selling novels with captivating storylines and intricate plot twists all the time. You are afraid that people will hate you and stop reading your books if you publish anything less than a stellar novel. So because of your fear, you continue writing your remarkable stories on your computer, with no plans of ever posting and sharing with the entire world.

The third sign is that you' are afraid of being isolated. You do not want people to create a wide berth around you and put you on a pedestal because you are not that kind of person. You still want to hang out with your friends even after you are successful, but you are afraid they are going to keep you at arm's reach, and you don't want that. You might also have friends who might be jealous of your success and no longer wish to be part of you because they feel insecure about their lack of success.

The fourth sign is that you are afraid of turning into someone you dislike. You see it all the time on television. The newly rich and famous suddenly going 180 degrees from their previous lifestyles. They ditch their husbands, wives, kids, and their old friends to chase hot models and party on yachts in the Mediterranean. You are afraid of turning into a big snob who thinks he or she can buy everything and everyone with money. You do not want to be one of them, so you instead not pursue your dreams and continue hiding in your shell instead.

Last, you might be afraid of change; you might be fearful of the unknown that success will inevitably bring. You do not want to upset your routines and your current setup

at home. You read bedtime stories to your kids now and fear that, if you are successful, you will be so busy with work and managing people and clients that you will not have time for your family, and they will end up hating you in return.

If you want to pursue success in life, you are going to need self-discipline and self-control to remain focused. You are going to fight against your fear of success because if you do not, you will not get very far in life.

Stop sabotaging yourself

The first step to curing your self-sabotaging tendencies is to acknowledge that you have a problem. You recognize that you have a genuine fear of failure and success because if you do not own up to it, you will not find the cure for your 'condition'.

If you think hiding behind a smiling mask will hide your fears, you are wrong. You can attain short-term success in an act, but doing so will take enormous amounts of energy and will eventually sap you of strength. Being true to yourself and acknowledging you have issues is the only way you can stop sabotaging yourself.

Also, try being an optimist. When fears and self-doubt weigh you down, look beyond the negative and try to concentrate on the positive side of things. When you get to think there is no way you can succeed, snap yourself out of it because you know that is not true. Many people have successfully overcome the odds stacked against them and have lived fulfilling lives.

Know that with self-discipline and self-control, you can overcome your fears and find success in almost anything you put in your mind. Success does not happen overnight. Set in the time – and the work – to succeed in life. Stop sabotaging your efforts at disciplining yourself!

“Self-discipline is a form of freedom, freedom from laziness and lethargy, freedom from the expectations and demands of others, freedom from weakness and fear—and doubt. Self-discipline allows a person to feel his individuality, his inner strength, his talent. He or she is the master of, rather than a slave to, his or her thoughts and emotions.” H. A. Dorfman.

Last word of advice from the Ethics Mentorship International Ministry

“The only discipline that lasts is self-discipline.” The most significant gain of all time is the gift of the Holy Spirit. You cannot have the Holy Spirit without being born again. If you are not yet born again, and you desire to do so, please pray this prayer with faith in your heart: Dear Lord Jesus, I come to You today. I believe You died and rose again for my sake. Forgive me my sins, take over my life, make me Your child and let Your peace reign over my life. Thank you for saving me. Now I know I am born again!

Congratulations, you are now born again! We believe that you will experience the reality of the price that Jesus paid for your sins at Calvary. We guarantee you all-round rest and peace, in Jesus’ name! Call or write and share your testimonies with ETHICS MENTORSHIP INTERNATIONAL MINISTRY, WhatsApp link +2347083334473 and email ethicsm09@gmail.com or boyede98@gmail.com.