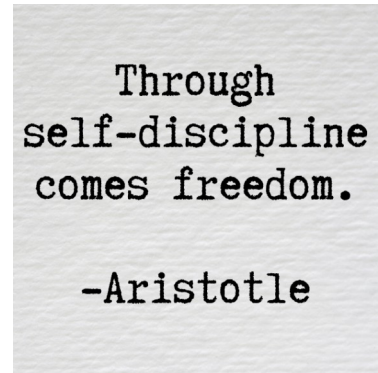


# How to Improve Self-Discipline

compiled from Dr. Laura ~ [drlaura.com/call-of-the-day-podcast-id-like-to-be-more-disciplined](http://drlaura.com/call-of-the-day-podcast-id-like-to-be-more-disciplined)

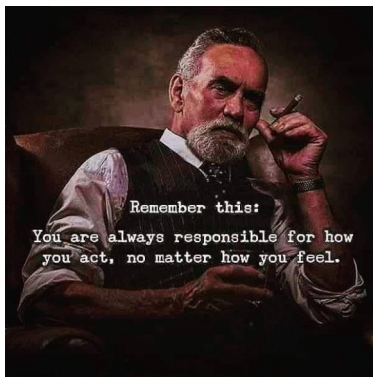
## 1) Work on ONE THING at a TIME.

What goal is most important? Focus on that.  
Don't scatter your brain over 6 different issues at one time.  
No one is disciplined enough to deal with them all effectively.  
Humans do not successfully multitask.



## 2) Make a written SCHEDULE.

At night write out plan for every 15 min of the next day; where you are at, what you are doing, for how long; once written down, do not stray from that schedule.



REALIZE: As soon as you stray from your written schedule, and start shifting around, EVERYTHING gets screwed up - you are thinking about B while you are doing A, and worrying about C, which causes a frameshift, which causes you to get scrambled - if you work on more than one thing at the same time, you are not giving any of them your best.

3) DISCIPLINE is a DECISION:  
...that we make, and act on, and stay with.  
Even if we are tired, annoyed, don't feel like

it, have a stomach ache, or would rather watch TV, or visit Facebook.

## 4) DISCIPLINE is an ACTION:

...that we set in motion, respect, and follow, without quitting.



5) YOU CAN DO MULTIPLE THINGS. But prioritize what is most important first, and schedule the rest with reasonable effort & time limits. Do not schedule one goal that requires too much time to accomplish, and expect to meet your other goals.



6) WHEN LEARNING SOMETHING NEW, and it stops being fun, that probably means you set an unrealistic expectation for that goal. You can't do and give all your goals your maximum best effort. As soon as you say, "I had a good time doing that, and I am good enough," that probably means you have developed better self-discipline *and* a healthier attitude in life.

