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# **IMPROVE YOUR...** **SUCCESSFUL MINDSET** **– SELF-DISCIPLINE**

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# IMPROVE YOUR...

## SUCCESSFUL MINDSET – SELF-DISCIPLINE

### *BUILDING SELF-DISCIPLINE*

Being a fully dedicated, motivated, and self-disciplined person when it comes to accomplishment of your dreams and goals probably is one of the most challenging things.

As Cambridge Dictionary explains well:

self-discipline is the ability to make yourself do things you know you should do even when you do not want to.

Probably, there are many situations where you find yourself struggling with the motivation and dedication for practice, preparation, or putting an extra effort in areas to improve. Experiencing the lack of self-discipline is not something unusual, in fact, it can happen many times.

In order to build strong self-discipline and increase your inner motivation, it is important to have a clear vision of “**What do you want to achieve, gain, improve? How? And When?**” But also, “**What are you willing to do and what will you need to sacrifice in order to achieve it?**” Answers to these questions should be your guiding star through the challenging journey to strong self-discipline.

#### ▲ GOAL-SETTING

To build the strong self-discipline that will help you in pursuit of your dreams the time management and goal-setting are crucial. The detailed plan and goal-setting structure will give you a step-by-step map of the journey to your desired improvement destination that will increase your motivation and strengthen your self-discipline.

A detailed explanation and more information on how to do a proper goal-setting you can find in the Mental preparation manual “*General guidelines 2.0*” and/or in the document “*Improve your GOAL-SETTING AND DEVELOPMENT PLAN*”.



#### ▲ TIME MANAGEMENT

As mentioned, time organisation is very important to maintain self-discipline. The more you are able to organise your daily activities and tasks within the daily and/or weekly time frame the more successful you will be.

**EXAMPLE 1:** Instead of saying that you will do your running practice twice per week, you could dedicate doing it every Tuesday and Friday (i.e.) in the afternoon for 45 minutes, with the specific plan of running exercises you are going to make.

**EXAMPLE 2:** In order to improve your understanding of UF criteria in preparation of the next game, you could dedicate to watching and analysing 10 selected UF video clips this Monday evening (i.e. from 8:00 PM) and the other 10 selected on Tuesday and 10 on Thursday evening the same week.

Be specific when making a time plan for your activities and practice. This will for sure greatly help you maintain the necessary motivation and self-discipline.

#### ▲ REWARD YOURSELF

While practicing self-discipline, reward yourself for the effort and the small achievements you've made. Especially when you know you have successfully ignored many distractions and temptations on the way.

After you finish with a practice cycle or a certain action plan give yourself a treat. For example, this can be something you like to eat the most or something you like to do in your free time. Self-discipline can be mentally hard, but with the small treats and rewards, you make it stronger and lasting.

#### ▲ ONE STEP AT THE TIME

Get started with the step-by-step way. Do not wait for the "feel right moment" – the right moment is now. It doesn't matter how small the first step is but it is important to start. As long as you're going in the right direction the size of the step doesn't matter. With small but continuous steps you'll build self-discipline and reach your desired destination. **Always keep in mind that cumulative small achievements eventually lead to big results.**

***"The journey of a thousand miles begins with a single step."***

- Lao Tzu -



### ▲ CREATE ROUTINE & HABITS

Productive habits and routines are very important when speaking about strengthening self-discipline and motivation for long-term goals. Creating a daily (weekly) practice routine can help you structure desired behaviours as productive habits which are essential ingredients of strong and solid self-discipline.

Developing productive habits can be hard at first, but you can start with the simple ones that will serve as a solid foundation. By working on small and easily applicable habits, you'll build your self-discipline gradually and firmly which will reinforce your effort to continue in that way.

**EXAMPLE 3:** Instead of doing some kind of preparation immediately for 60 minutes, you can decrease it down to 30 minutes at first, and then progressively increase it up to 45 minutes and eventually up to 60 minutes. In this way, you will develop a solid routine of building productive habits progressively.

When you'll start to achieve small goals after a few steps and proper routines, you'll start to feel good about it which will increase your motivation to continue. Eventually, this 'I am making progress, I am feeling good' cycle will strengthen your self-discipline and help you in a long-term way.

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