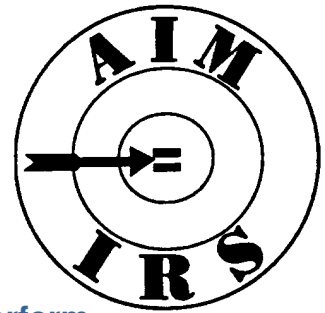


# Mental Bench Press

09.23.09

## *Discipline*

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**"Discipline is the habit of taking consistent action until one can perform with unconscious competence. Discipline weighs ounces but regret weighs tons."**

-- Jhoon Rhee

Why do people struggle? Why are people unhealthy? Why do some live paycheck to paycheck and others don't? I believe one of the common reasons is discipline. Our society shuns discipline in so many ways. The lack of discipline causes people to focus on the instant satisfaction instead of long term impact. Discipline develops an expectable result. The same is also true with no discipline or the lack thereof. When we focus on the desired result, the discipline needed to attain that result is more tolerable.

A funny thing to take note of is that most of us, those who struggle with discipline, admire those who are disciplined. We even pay money (that we don't have) to watch them show the results of their discipline. Jim Rohn says, "Discipline is the bridge between goals and accomplishments." But in so many of our lives we have let the bridge rot. And since the bridge is not effective, we create excuses, complain and end up singing the woulda, shoulda, coulda's. What pain are you ready or willing to endure: the pain of change or the pain of regret?

So why do we struggle with discipline? One reason is that many people don't have meaningful goals. Therefore, there is no need to be disciplined. Another reason is that it is easy not to be disciplined. Everything that we do or don't do is a decision that we make. It truly is all about deciding to be disciplined.

Jim Rohn has also stated that one discipline always leads to another discipline. When you decide to develop a disciplined life, start small. Create a habit with the current discipline. Then go to the next discipline. It is commonly understood that a habit can be developed with 21 days of consistent activity. That means that you can effectively change 17 things in your life per year. Over a 10 year span, you can totally change your life.

Is that worth it? Successful people have proven that it is. Grumpy people have proven that it is. Now it's up to you to try to prove them wrong.

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*Strengthen your mind and you'll have a powerfully fulfilling life.*