

SUMMARY

The Power of Discipline:

**How to Use Self Control
and Mental Toughness
to Achieve Your Goals**

Daniel Walter

QUICK SAVANT

Summary: The Power of Discipline: Daniel Walter

*How to Use Self Control and Mental
Toughness to Achieve Your Goals*

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Introduction

The list of New Year's resolutions is endless: quit smoking, adopt a healthy diet, save more money, join a gym—but how many of them are fulfilled? John C. Norcross, Ph.D., a psychology professor at Scranton, claims that fewer than 10% of New Year's resolutions are fulfilled. If you're reading this book, you probably belong to the vast majority of people who have been unable to accomplish their goals for years. For what reason is this the case?

What is the reason for most of us not being able to maintain anything of value? Does failing come naturally to people? The explanation is straightforward: a lack of self-control!

This book focuses on accepting complete responsibility for your current situation and desired future state in the following five, ten, fifteen, or twenty years. You will acquire self-discipline, the most crucial ability needed to live the life you want.

Kurt Kopmeyer has produced many books about the secrets of success after more than 50 years of studying and researching successful ideas. During a meeting one day, success coach Brian Tracy asked Kopmeyer to list the concepts that he believed were most crucial for success out of all the ones he had learned. He said, "There are 999 other success principles that I have found in my reading and experience, but without self-discipline, none of them work."

Like a key, self-discipline opens the door to the life you've been dreaming about and to personal fulfillment. The average individual may become remarkable with self-discipline and ascend higher than they can with skill and brains alone. However, a smart, well-educated individual who lacks self-control is unlikely to surpass mediocrity. I hope this book will assist you in the following ways:

Establishing life-changing habits, improving your comprehension of self-discipline and its significance, and taking charge of your habits can help you take charge of your life.

No one else can change your life; only you have the power to do it. Making changes to your daily routine is the simplest approach to transforming yourself. If you follow the advice in this book, you can break out from a rut in which you have been repeating the same failed tale year after year.

This book will guide you if you desire to do something extraordinary but are unsure how to begin the process.

I'll show you how to end the loop if you've tried to quit negative habits and start new ones but keep reverting to what you know is holding you back.

If you're unhappy with your life, you're in a fantastic position since your disgust with the way things are going shows that you realize you're not where you should be and want to fix that. Even though we don't associate the term "disgust" with constructive behavior, it might inspire you to make a change in your life.

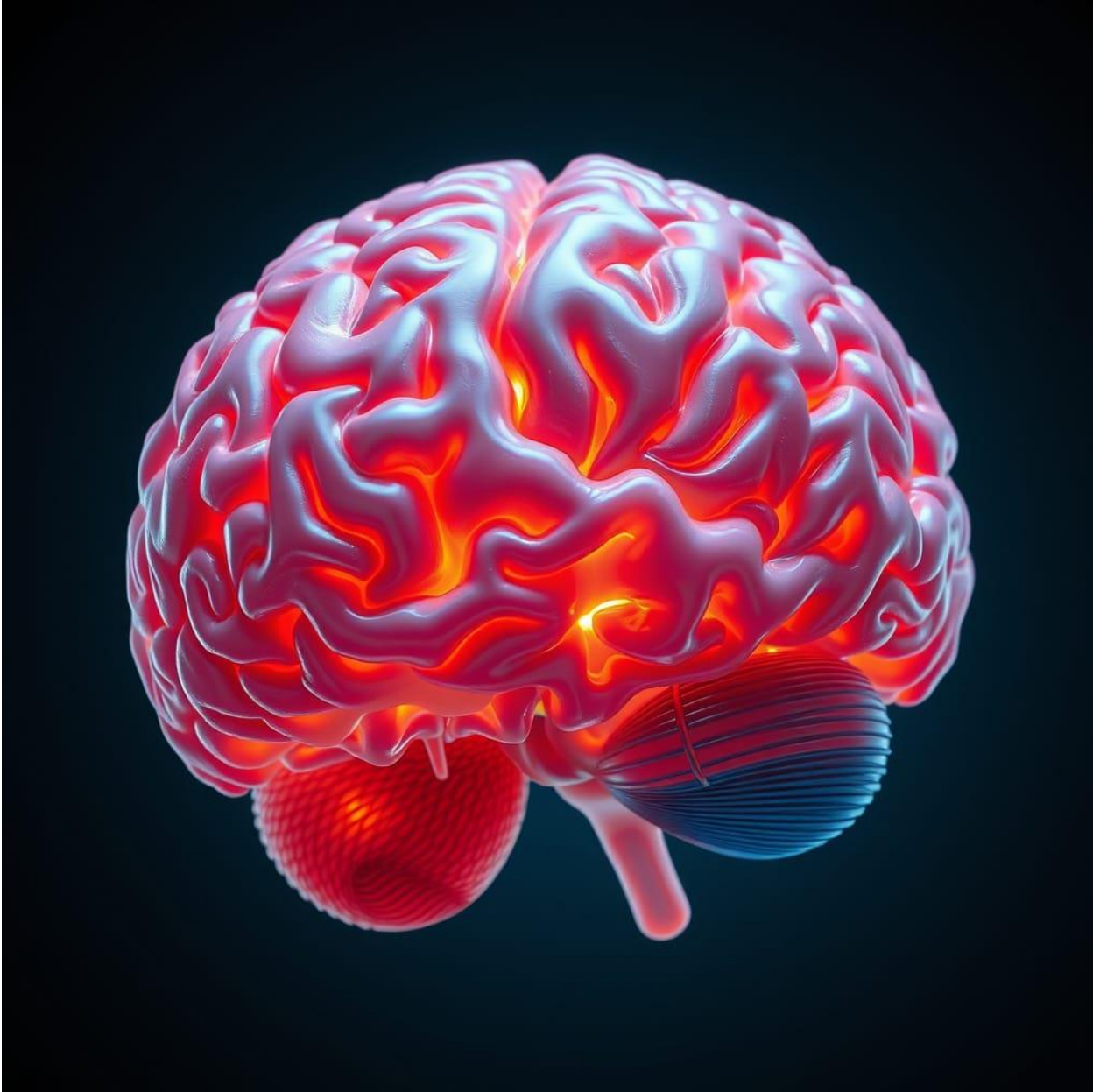
For instance, you may be so repulsed by a photo of yourself shoveling a slice of pizza into your mouth as your stomach protrudes over your pants that you raise your hands in submission and swear to lose weight. When your power is turned off because you haven't paid your bill, you may get so disgusted that you decide to improve your financial situation.

Everything you need to reach your goal is concealed inside the pages of this book, and if you are willing to work for it, you can have everything you desire in life. Apply the ideas you are about to learn and anticipate a significant change in your current situation if you are prepared to quit squandering time on pointless pursuits that are taking you the wrong way.

Chapter 1: The Biological Argument for Self-Discipline

We need to dispel the common misconception that not everyone possesses self-discipline. Being self-disciplined is a science, and understanding how it works biologically can help you be more focused in your daily life. This chapter talks about the biology of self-discipline and how to improve it by focusing on certain parts of the brain.

About 100 billion neurons, tiny cells that power our thoughts and actions, make up the brain. Neuroscientists Todd Hare and Colin Camerer used functional magnetic resonance imaging machines (fMRIs) to record in 2009 what went on in people's brains when they were doing things that required self-control and discipline. The people who took part could choose between a smaller monetary reward at the end of the study and a bigger one later on. The researchers made the famous clash between willpower and delayed joy. They discovered that there was a lot of activity in two parts of the brain called the dorsolateral prefrontal cortex and the ventromedial prefrontal cortex when people were judging choices that had been made either right away or later. What is going on in these places?



The brain functions optimally when individuals make long-term decisions that benefit them. The brain was better when long-term choices were made that would benefit them. The study found that differences in the shape and function of the prefrontal cortex show that some people are better at self-discipline than others. Study results are important because they show we can't just be self-controlled and succeed. We have to already be good at it. When you make positive choices, your self-discipline grows. When you make bad choices, your self-discipline weakens. If it's hard for you to stay away from sweets, stick to an exercise plan, or stop watching videos on YouTube to do something more useful, there is still hope for you. You can get better at being yourself.

THANK YOU FOR THE DELAY.

In 2011, researchers looked at the people who took part in the Stanford Marshmallow experiment again. In the 1972 Stanford Marshmallow Experiment, researchers observed that individuals' prefrontal cortexes became more active when they found it easier to postpone pleasure. When people used self-control to pick between beneficial and bad options, there were changes in the ventral striatum, which is the part of the brain linked to habits. The study also found that people who could wait for satisfaction performed better in all areas of life than those who required immediate gratification. The study found that even a simple choice like whether to eat a marshmallow right away or later affected how they made choices as adults.

Research on self-discipline does not back up the idea that some people are naturally more controlled than others. Having said that, we can assert that self-discipline is a learned skill. In addition to making the body stronger, pulling weights will also make the parts of the brain that were studied stronger.

If you are reading this book, it's likely that you are having trouble with self-control. I want to tell you not to feel down about what's happening right now. It's true that kids are the easiest age to learn anything, but that doesn't mean you can't work on your self-discipline today. Working out regularly will make you more self-disciplined and determined, and the benefits will last. Every skill works under the

Some people think that you will get better at something if you do it more. Powerful functions and focus

How self-disciplined you are will depend on how focused you are. Neuroscientists say that your ability to concentrate is based on your "executive functions," which include your working memory, cognitive flexibility, agility, and impulse control. Discipline means setting

goals, staying away from distractions, dealing with negative inhibitions, setting priorities, and working toward your goals. This is what scientists have found to happen in different parts of the brain, like the dorsolateral prefrontal cortex, the orbitofrontal cortex, and the anterior cingulate cortex. You can improve certain brain functions by focusing on them. Self-discipline and focus work hand in hand. You can't get good at one without getting good at the other. Discipline means sticking to one plan of action until you reach your goal.

FATIGUE AND STRENGTH

Similar to the body, prolonged use and strain weaken willpower and self-discipline. People who have turned down a piece of cake ten times and people who eat it every time have different brains because these skills are based in biology. This implies that an individual with strong self-control and discipline may eventually lose their willpower due to constant temptation. It's hard to lift weights nonstop for twenty-four hours, and the same is true for training your willpower nonstop for twenty-four hours without stopping to refuel.

A researcher named Will Baumeister studied the idea of willpower depletion in 1996. The study placed 67 participants in a room with freshly baked sweets and bitter radishes. One group was to eat the bitter radishes, while the other group could indulge in the sweet treats. Then we took the participants to a different room and gave them a puzzle to solve. We conducted this exercise to gauge their level of persistence. The people who ate the radishes gave up before the people who ate the sweets because they didn't have the mental toughness to finish the task. After their willpower was worn out from the last task, the radish eaters wanted to take the easiest path, which made it hard for them to focus on the current task.

HOW TO PROTECT YOUR WILLPOWER

The brain's main goal is to stay alive. We now know enough to say that having low blood sugar and energy for a short time is not deadly. Though unaware, the brain immediately enters survival mode to protect you when it senses a body imbalance due to its biology. When the brain is in survival mode, it wants quick rewards. This makes people binge-eat and do other bad things that come with not being able to control themselves. So, staying away from temptation is the best way to become more self-disciplined. One way to help yourself stick to your diet is to replace the unhealthy foods and meals in your cabinet with better ones. When you go grocery shopping, skip the aisles with sweets and go straight to the aisles with healthy foods. Instead of fighting the desire to eat the cookies that are stored in the cupboard every night, these strategies will only test your willpower when you are at the food store.

Another way to keep your mind strong is to go shopping after dinner. You won't be hungry because you just ate a big, healthy lunch. This makes it less likely that you'll buy a bag of

chips to get you through until dinner. People can take advantage of your weakness and weaken your need for self-control when you do this. Even if you don't have trouble eating healthily, you can use the same methods in any area of your life where you lack self-control.

Biologically, stress is another thing that can affect willpower. When we are stressed, our bodies go into "fight or flight" mode to protect us. In this mood, we are more likely to act without thinking when we don't want to. The prefrontal cortex fails because of stress, which makes it harder for the brain to deal with long-term effects. It is more likely that we will make bad decisions when the prefrontal brain is not working well.

The concept of punishment is straightforward: as an adult, you possess a clear understanding of right and wrong. You know that if you choose to watch Netflix instead of working toward your goals, you will never get them done. It takes resolve to do what you know you need to do even when you don't want to. But if you want to change something, you have to stay the same. If you relax every other day, your goal will not progress. Because of the energy that regularity builds, dreams do come true.

If you know what discipline calls for, you're more likely to make the right choice.

When you do something over and over again, your brain starts to see it as normal.

Discipline works in the body. In the next part, I'll talk about some of the benefits of being self-disciplined.