

DISCIPLINE BEATS MOTIVATION

Motivation comes and goes, Discipline is here to stay!

Featuring quotes from notable individuals

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"Long-term consistency trumps short term intensity" - Bruce Lee

Motivation

The Problem with Relying on Motivation

Motivation is often temporary and unreliable because it is largely driven by emotions, which can fluctuate greatly over time.

External factors such as mood, stress levels and external circumstances can impact how motivated someone feels at any given time.

This means that relying solely on motivation can lead to inconsistency in achieving long-term goals, as motivation may fade or disappear altogether. It can also make it harder to stay committed to a goal or habit, especially when faced with obstacles or setbacks.

**"Discipline is doing what needs to be done even if you don't want to do it, if you rely only on motivation then most things won't get done!"-
Khalif Omar**

Negatives of Motivation

Motivation is driven by emotions, which can fluctuate greatly over time.

Many people can relate to feeling highly motivated to start a new project, workout regime or habit, only to find that their motivation gradually fades over time.

An example of this might be someone who decides to take up running as a new hobby, motivated by the idea of getting fit and improving their health.

Initially, they might feel highly motivated and enthusiastic, but as time goes on and running becomes more challenging or time-consuming, they may begin to lose motivation and consistency.

Similarly, someone who sets ambitious goals for themselves - such as starting a new business, writing a novel or learning a new skill - may become discouraged and lose motivation when faced with setbacks or progress seems slow.

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**"Success isn't always about greatness. It's about consistency. Consistent hard work leads to success. Greatness will come." -
Dwayne "The Rock" Johnson**

Discipline

How Does it Differ from Motivation?

Discipline means committing to a set of behaviors or actions, often tied to specific goals or standards, and holding oneself accountable to them over time.

Unlike motivation, which is often an emotional or temporary state, discipline focuses on consistent patterns of behavior that lead to progress and long-term success.

Discipline requires effort, self-control, and a commitment to a goal or set of values - even when it's difficult to persevere or when motivation is low

While discipline may seem daunting, it can actually lead to greater autonomy and freedom.

By sticking to a routine and holding oneself accountable, individuals can become less reliant on external factors (like motivation or external rewards) to determine their actions.

"You can't have a million-dollar dream with a minimum-wage work ethic." - Stephen C. Hogan

Positives of Discipline

Achieving goals and maintain consistency in your actions.

Discipline helps individuals to stay focused on their long-term goals, even when faced with distractions or setbacks.

By following a set routine or habit, individuals are more likely to make consistent progress towards their goals and develop the perseverance needed to stick with a goal, even when progress is slow.

Discipline also helps individuals to maintain consistency in their actions. By committing to a set standard of behavior or output, individuals can ensure that they maintain the level of quality needed to achieve the desired result.

"We don't have to be smarter than the rest. We have to be more disciplined than the rest." - Warren Buffett

Examples of Discipline

Commitment and discipline builds new patterns of habit to reach excellence.

Athletes are a great example of people who have achieved remarkable success through discipline. These athletes must commit to a rigorous training schedule, maintain strict diets, and push themselves to their physical limits - all because they have a deep-seated value of pursuing excellence in their sport.

Entrepreneurs are another group of people who often have to embrace discipline in order to achieve success. Starting a new business can be challenging and requires a great deal of perseverance, especially when faced with obstacles or setbacks.

However, those who maintain discipline in their daily routines and decision-making often find that their dedication pays off in the long run.

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" I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion.'" - Muhammad Ali

Continued

Examples of Discipline

Many people go to work every day even if they're not feeling particularly motivated to do so. This is because they understand that if they don't go to work, they won't earn a paycheck and may struggle to make ends meet.

While some people may initially be motivated by the prospect of earning money, this motivation may wane over time, and they may not feel as excited or engaged in their work as they once did.

However, they continue to go to work every day because they understand that it's necessary to achieve their long-term financial goals and maintain a certain standard of living.

In other words, they rely on discipline to show up and do what needs to be done, even if they don't always feel motivated to do so.

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"Motivation is what gets you started. Discipline is what keeps you going." - Jim Ryun

"Motivation comes and goes, but our habits shape who we become " - Khalif Omar

Summary

This eBook is presented to offer readers a different perspective on motivation and discipline, and to create awareness on how these concepts can be used to improve one's life.

In summary, while motivation can be helpful to kickstart change, it's often difficult to maintain over time, and relying solely on it can lead to disappointment.

On the other hand, discipline can provide a sustainable framework for achieving long-term goals and maintaining consistency in actions.

By committing to a goal, holding oneself accountable, and following a routine and standard of behavior, individuals can cultivate the discipline needed to persevere and achieve their desired outcomes.

References

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