

Turbo Leadership Systems™

The **TURBO** **Charger**

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To our clients and friends

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The Practice of Discipline



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*Decide what
you want and
start moving*

Discipline yourself to do what you know you need to do to be the very best in your field. Perhaps the best definition of self discipline is this: “Self discipline is the ability to make yourself do what you should do when you should do it, whether you feel like it or not.”

It is easy to do something when you feel like it. It's when you don't feel like it and you force yourself to do it anyway that you move your life and career onto the fast track.

What decisions do you need to make today in order to start moving toward the top of your field? Whatever it is, don't hesitate. Either get in or get out, make a decision today and then get started. This single act alone can change the whole direction of your life.

There is a powerful seven step formula that you can use to set and achieve your goals for the rest of your life. Every single successful person uses this formula or some variation of this formula to achieve vastly more than the average person. And so can you. Here it is:

Step number **one** - decide exactly what it is you want in each part of your life. Become a “meaningful specific” rather than a “wandering generality”.

Your ability to discipline yourself “to do what you should, when you should do it, whether you feel like it or not” is the key to becoming a great person and living a great life.

When you develop the habits of self-discipline, you will accomplish more in a month than most people accomplish in a year.

Second, write it down, clearly and in detail. Always think on paper. A goal that is not in writing is not a goal at all. It is merely a wish and it has no energy behind it.

Third, set a deadline for your goal. A deadline acts as a “forcing system” in your subconscious mind. It motivates you to do the things necessary to make your goal come true. If it is a big enough goal, set sub-deadlines as well. Don't leave this to chance.

Fourth, make a list of everything you can think of that will help you achieve your goal. When you think of new tasks and activities, write them down until your list is complete.

Fifth, organize your list into a plan. Decide what you will do first and what you will do second. Decide what is more important and what is less important. And then write out your plan on paper the same way you would develop a blueprint to build your dream house.

Sixth, take action on your plan. Do something. Do anything. Get busy. Get going.

Do something every single day that moves you in the direction of your most important goal at the moment. Develop the discipline of doing something 365 days each year that is moving you forward. You will be absolutely astonished at how much you accomplish when you utilize this formula in your life every single day.

Here are two things you can do to put these ideas into action immediately.

First, decide exactly what you want, write it down with a deadline, make a plan, and take action – on at least one goal – today!

Second, determine the price you are willing to pay to achieve this goal and then get busy making that investment, whatever it is.

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