

'5 STEPS' TO DEVELOPING MORE DISCIPLINE

How to Remove the Obstacles to Your Success

I have been thinking a lot about discipline lately. Everyone knows you can't succeed without it, yet few people seem to possess it.



Are you willing to give up something of relatively 'lesser value' for something of relatively 'greater' value? Can you make yourself do something you don't want to do in order to get a result you really want? If you can answer *yes*, then you are disciplined—at least in that area.

But what's the key? It's focusing on a *result* you really want. In this sense, the key to discipline is **goal-setting** ([see the 'Goal-Getter Program'](#)).

Over the years, I've found that I can become disciplined in pretty much 'any' area of my life by taking **five specific steps**. Whether it's trying to get in shape, build my business, or develop a great marriage... the psychology is the same!

Step 1: Determine Your Goal

The first essential key for becoming truly disciplined is in **knowing what you really want**. If you are going to succeed, you must be specific. You must be able to *see it*. Write it down and—while you are at it—add a 'by when deadline date.

Here's an example:

"I will gain 10 pounds of lean body weight and fit into size 34 pants on or before December 31, 2016."

I'll use this example for the rest of the post so you can see how the steps relate.

Step 2: List Your Reasons

This is often the missing piece in both goal-setting and discipline. You have to ask, "Why is this goal important? What is at stake in my achieving it?" I list both the positive reasons and the negative.

Examples:

- I want more energy.
- I want to lower my cholesterol.
- I don't want to put myself at risk for heart disease.
- I want to look more trim, especially on video.
- I want to demonstrate that I can lead myself.
- I want to be a good example to my family.

Step 3: Identify Likely Obstacles

As soon as you start swimming against the current, you will start feeling resistance. It's as if the universe conspires to keep you from succeeding. That's why you have to anticipate these obstacles and build strategies to overcome them.

Examples:

- Obstacle: Mindlessly eating for lunch what I always eat. Strategy: Plan my lunch before I leave the house—where and what I will eat.
- Obstacle: Inability to work out on the road. Strategy: Make sure the hotel has a workout room before I book it. Also, pack my workout clothes and shoes.
- Obstacle: Eating more calories than I intend. Strategy: Record everything I eat, thus educating myself about the calorie-count of various foods.

Researchers call these strategies **implementation intentions...** And they work!

Step 4: Develop New Behaviors

This is where you should focus. What are the positive, new behaviors you want to develop to replace the old, negative behaviors.

Examples:

- Drink two-and-a-half liters of water a day to stay hydrated.
- Eat healthy snacks like raw almonds, celery, carrots, and so on.
- Share entrees with my wife, Susan, when we eat out, so that I eat half the normal serving.
- Chose simple grilled fish or chicken, rather than beef.
- Chew each bite completely and eat more slowly.

Step 5: Stay Focused

Read your goals daily, review your reasons why, allow yourself to imagine your goal(s) completely realized and wait for the positive feelings/emotions to flood through your mind and body, anticipate obstacles, and work on your new behaviors. If you get off-track, don't beat yourself up and re-lock onto your goal. Sometimes it's three steps forward and two steps back. The trick is to shake it off and re-lock on your goal. If you have a mentor and/or support team, stay in regular communication with them to help you stay focused.

You might also consider changing your strategy to get there. My daughter, and our company COO, Megan Hyatt Miller wrote about that [here](#).

Examples:

- If I injure my ankle and can't run, I could switch to swimming.
- If I hit a weight-loss plateau, I can change up my diet or my exercise routine.
- If I can't get traction on my own, I'll research and hire a personal trainer.

Discipline is not really about will power so much as focusing on what you really want. If you're completely clear on that, the self-discipline to reach your goal suddenly becomes much easier.

Question: Where do you need more discipline? What do you need to do next to cultivate it? If you would like help in goal setting and creating the discipline necessary to reach your goal, you can leave a comment by [clicking here](#).

All my best,

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