



The Power of Discipline

In his book **The Power of Discipline**, bestselling author Brian Tracy writes, “Self-discipline is the key to personal greatness. It is the magic quality that opens all doors for you, and makes everything else possible. With self-discipline, the average person can rise as far and as fast as his talents and intelligence can take him. But without self-discipline, a person with every blessing of background, education, and opportunity will seldom rise above mediocrity.” Are you ready to discover your personal greatness?

Excerpted from
The Power of Discipline:

The development of character is the great business of life. Your ability to develop a reputation as a person of character and of honor is the highest achievement of social life.

Ralph Waldo Emerson wrote,

“What you do speaks so loud I cannot hear what you say.”

The person you are today, your innermost character, is the sum total of all your choices and decisions in life to date. Each time you consistently make good choices and decisions, your character is strengthened and self-worth increases. Conversely, each time you compromise your value system by consistently choosing poor choices, your character is weakened.

A person of character possesses a series of virtues or values. These are courage, compassion, generosity, temperance, persistence, and friendliness, among others. But the most important value in determining the depth and strength of your character is integrity.

It is integrity, living in complete truth with yourself and others, that most demonstrates the quality of your character.

In a way, integrity is actually the value that guarantees all other values. The higher your level of integrity, the more honest you are with yourself, the more likely it is you will live consistently with all other values you admire and respect. It takes tremendous self-discipline to become a person of character. It takes considerable willpower to always “do the right thing” in every situation. It takes self-discipline and willpower to resist the temptation to cut corners, to take the easy way, or to act for short-term advantage.

All of life is a test, ultimately proving our character. Wisdom can be developed privately, through study and reflection. But character can only be developed in the give and take of daily life, when forced to choose and decide among alternatives.

Reflection – Thinking back about how you handled yourself in a previous situation as a learning tool, leaving blame and excuses out of it, so you are prepared to handle it better the next time.

Compassion – A feeling for the suffering of others who deserve better.

Generosity – A readiness to give back with commitment and effort to those who have supported you.

Temperance – To have control over your emotions and your ability react to challenges in a positive manner. It is your inner strength to deal with troubled times and to understand that constructive feedback is not an attack on your character.

Persistence – To do something that is right in spite of how hard it is or how much others try to stop you. It is to keep going where and when others would quit trying.

Character – The strength to do what you know is the right thing, even if it is unpopular with your friends, or is difficult, or requires you to go beyond what you feel is safe and comfortable. It is moral excellence, making the right choices and the right decisions.

It says who you are as a person. It allows you to look in the mirror everyday and like who you see, without guilt.

Integrity – Being honest with yourself and with others. It’s being able to be trusted that you will do the right thing, be there when the going gets tough and live up to your commitments.

Self-discipline – The drive within you to continuously improve without requiring others to push you to do so. **It is what you do to get better when no one is watching.**

Honor – Having the respect of other people who also have a high level of character, or at least wish they did. It is building your reputation to be a quality individual. It is being the person you want your future children to grow up to be.

Just remember the quote:

★★★★★★★★★★
“What you do speaks so loud I cannot hear what you say.”
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It is your actions that describe who you are.