

1: Essay on Discipline in Society

Relearning the Discipline of Self-Control in a Society of Instant Gratification, Part 2 Ace Davis | September 26, In Part 1 of this series, we saw what self-control is.

Printer friendly version One of the primary tasks of early childhood is to develop self discipline. Parents often find themselves correcting their children for interrupting, being wild, not following instructions or for not controlling their hands or mouths. These all require self discipline or self-control. Young children are by nature impulsive. Some children have ADHD or other biological factors which increase impulsiveness. Part of the solution for impulse control is to learn self discipline. So many relational and personal problems can be avoided or controlled when one has self-control. Here are some suggestions for teaching it to children. Teach children to come when they are called. Children can learn to come to the parent, within a few feet, in order to have a dialog with the parent. This helps children learn that self-control sometimes means that we must give up what we would like to be doing in order to do something else. Teach children to respond positively to correction. This is unacceptable and becomes an excellent opportunity to teach self discipline. One of the facts of life is that people often must follow directions which may not be their preference. Teach children to respond with a good attitude as well as right behavior. This requires self-control and helps children learn to control their impulses. A good response to correction is sometimes difficult to learn but work in this area will help a child develop a skill which will help them forever. A number of social skills require self-control. Praise children when they demonstrate this quality and point out areas they need to work on. Listening, knowing when and how to interrupt, anger control, reporting back after completing a task all require self discipline. Encourage children to take on activities which build self discipline. When a child receives a reward like payment for a job accomplished or even a star on a chart or special treat, talk about self discipline. External rewards give a great opportunity to talk about internal rewards. That shows self discipline. Use bed times to teach self discipline. Some children have a hard time going to bed without creating a battle and this becomes a great opportunity to teach self discipline to children. After all, it requires a lot of self-control for a child to stay quietly in bed while parents are still awake. Set a bedtime, develop a routine which covers all the necessary bedtime tasks and work at getting your child to stay in bed without Mom or Dad falling asleep in the room. This requires work on the part of the parent but will pay off tremendous dividends in the end. Morning routines, chores, and family schedules become opportunities for children to learn responsibility and self discipline. The child who is responsible to get ready and be at breakfast by 7: Simple benefits of life are seen as privileges associated with basic responsibility. Some parents try to give their children an easier life than they had or they try to make their children feel good at the expense of good character. Unfortunately, this often translates into more freedom and less self-control. A wise parent will use childhood to prepare a child for success as an adult. Self discipline is one of the most important character qualities a child can develop. Ironically, spoiled children are not happy; self disciplined children often are! Self discipline is a primary quality that will help children be successful in life.

2: Do You Struggle with Instant Gratification? You Must Try These 5 Steps

Relearning the Discipline of Self-Control in a Society of Instant Gratification, Part 3 Ace Davis | September 27, In Part 1, we looked at what self-control is.

Discipline does not mean only training of mind and character for self-control, "habit of obedience and observance of rules and laws. The aim of discipline has always been accommodation, integration and complete identification with the existing social relationship not alienation from the organisation called society. Thousands of years ago, when human society was not organised and when our forefathers were engaged in their fierce struggle for existence against the ruthlessly hostile forces, there was no chaos. As they got familiar with the ways of nature, they were astonished to find order everywhere-the sun rising in the east every morning, night following day, the birds singing and the plants blossoming. There was no discordant note anywhere; nothing threatened the harmony of the nature. Without any education and training they wandered and leant. Their lessons culminated in the organisation of the society which was later perfected and broadened to include the states. As social beings men had little difficulty in seeing the important role of discipline in the evolving system of things. They had experiences of disorder and death when they failed to understand the natural forces and agencies. They were then too scared to see the truth. But their experiences made them richer and saner, and they clearly saw the laws of nature and the intricacies of perfect system. Evolving their own pattern they avoided any more clashes and conflicts with nature and instead considered themselves an integral part of the same order of things. In their own society they framed their own rules and a code of conduct that regulated relationship between man and man, man and woman, parents and their children, family and society and above all between an individual and the society. All this was found necessary to instill a sense of responsibility and a sense of organisation. It was also necessary for taming the animal in man that would grow wild only too often. When our ancestors felt the need of discipline even in their savage state, it is quite natural that the civilized world, with more intricate pattern of relationship, would make its scope much broader in the ever-widening spheres of interests. But all of them are made to behave responsibly and to see prudence in abiding by the principles of co-existence and saving the world from breaking into pieces. This is why the anxious guardians of our society and states are indefatigable in their efforts to enforce discipline in schools and colleges, in organisations and administration, in the armed forces and in the fields of sports and games. In the international forums like the UNO efforts are constantly made to attain the goal of amity by enforcing discipline among the erring nations. There are many who treat discipline with cynical disregard and play it down. But that only lands them in unenviable straits and they get bogged in dark pits of chaos from where it is difficult to return. In our world today the forces of disintegration and disorder are let loose on an unprecedented scale. Everywhere these forces are busy digging holes with a Mew to creating conditions for chaos. The big nations are not only crying for the blood of one another they are also conspiring to share the flesh of the smaller nations among themselves. The players and sportsmen in the field, the students and youth all over the world and even the armed forces are found to be victims of indiscipline and heading for a disaster. Right now something should be done to stem the rot, for else it should be too late to save the world from the last fatal plunge Related Articles:

3: Effective Parenting: Helping Children Develop Self Discipline

Home / Featured / Relearning the Discipline of Self-Control in a Society of Instant Gratification, Part 1 Relearning the Discipline of Self-Control in a Society of Instant Gratification, Part 1 We must be like a city with strong walls as we practice self-control.

Ace Davis September 26, In Part 1 of this series, we saw what self-control is. Now, I would like to point out three areas in our lives where we must practice self-control. We Must Practice Self-control in Our Thinking Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. We have good thoughts and bad thoughts. Believers will even allow their minds to go to places that their actions would never go. They think that since no one can see them, that it is okay to think sinful thoughts. However, we must remember that God sees and knows every thought you have ever had. He knows our sinful thoughts and the battles that we face in our mind. This renewing of our mind happens when we fix our minds on God and His Word. We must fear Him and keep our minds fixed on things that are good and pleasing to Him. We must guard our eyes in what we watch and our ears in what we listen to. The things that you meditate on will be things that you regularly think about. We Must Practice Self-control in Our Emotions Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city. God wants us to keep self-control over our emotions. When tempers explode, and anger is out of control, God is not honored, and we fall into sin. Outbursts of anger wound others and the relationships we have with them. More importantly, it wounds our relationship with God. When we become angry and lash out at others, our tongue goes to work, slashes people down, and starts a great fire. We need to control our emotions with the strength of Christ. A person who controls his emotions is better than a mighty warrior who conquers a city. Paul talks about having self-control over his body so that he would not be disqualified as a preacher. He would do whatever it takes so that when he preached, he would not bring reproach on the gospel of Jesus. Of course, Paul had his liberties, but he kept those in check. As Christians, we have liberties, but it is not wise to give into things that would bring reproach on the gospel. There are three main areas where we need to practice self-control in reference to our bodies. The first area is with food. We need to practice self-control over food and take care of our bodies. The second area is with laziness and a lack of desire to work. God created us to work. We need to make sure that we work hard and bring Him glory through our work. Christians need to honor God and not bring reproach on the gospel through sexual sin. Our thoughts, emotions, and body need to be under control. Athletes go through rigorous exercises and self-control over their bodies for a gold medal or a trophy—a perishable prize. But as Christians, we are promised an imperishable crown that will never fade away. We must also practice self-control so that we might be ready to be used by God for His glory. Articles from trusted TMS faculty and friends. A free eBook for your enjoyment.

4: Self Discipline Benefits and Importance

Home / Featured / Relearning the Discipline of Self-Control in a Society of Instant Gratification, Part 2 Relearning the Discipline of Self-Control in a Society of Instant Gratification, Part 2 Our thoughts, emotions, and body need to be under control.

Ace Davis September 27, In Part 1 , we looked at what self-control is. In Part 2 , we saw three areas in our lives where we can practice self-control. Now, I would like to give four walls to help us cultivate self-control in our lives. We are reminded of Proverbs In biblical times, the walls of a city were its greatest defense against the enemy. As Christians, we need to have walls up in our lives so that we can cultivate self-control and have a defense against the attacks of the enemy. Here are four walls to help cultivate self-control in your life: We need to examine ourselves to see if there are areas in our lives where there is sin, whether in our thoughts, emotions, or actions. Confess all sin to God and repent of it and ask Him for forgiveness. Walk in the Spirit But I say, walk by the Spirit, and you will not gratify the desire of the flesh. This is the struggle that Paul talks about in Romans 7. But God has given us all the resources we need to practice self-control. We need to take hold of those resources through the power of Christ and the indwelling Holy Spirit and put them to practice. Jesus says in John We must read it and plant it deep in our hearts, so that we might be renewed in our minds, walk in the Spirit, and live self-controlled lives. As we look to Christ and His appearing, it reminds us that the battle will be completely over one day. We will live in complete perfection with Christ and will no longer struggle with self-control. We will be like Christ who practiced perfect self-control when He was tempted. This ought to motivate us to live a life of self-control and be found growing in godliness when He appears. Remember that just as the walls are the greatest defense for a city, self-control is the defense for believers. But we must also remember that we are only able to practice self-control as we surrender control of our lives over to Jesus Christ and live in victory over sin as He enables us to practice self-control. We must practice the fruit of the Spirit found in Galatians 5: Articles from trusted TMS faculty and friends. A free eBook for your enjoyment.

5: Master of Oneself: How to Help Children Develop Self-Control

Self discipline means self control, which is a sign of inner strength and control of yourself, your actions, and your reactions. Self discipline gives you the power to stick to your decisions and follow them through, without changing your mind, and is therefore, one of the important requirements for achieving goals.

Play in new window Download Duration: The topic is The Spiritual Disciplines. I trust it will be an immensely practical and helpful series. We will be dealing with such things as our devotion to Scripture, Prayer, Fasting, Service, Worship, Giving, among others. However, the more I thought and prayed about this series, the more I realized that we need to begin, not with the Spiritual Disciplines, but simply with Discipline. Americans, by and large, lack discipline. First of all morality. The Centers for Disease Control and Prevention have identified twenty-five STDs and estimate that each year in the United States more than 15 million people become infected with at least one. So, how are we trying to deal with HPV? If young men and women were taught and expected to be self-disciplined about their sexuality and to remain celibate until marriage, and then to be faithful to one another for the rest of their lives, we could eliminate STDs. But that takes self-discipline, which is a virtue that very few people possess. Currently we are facing an epidemic of Type 2 Diabetes. There are currently 79 million people in the U. This disease is found among the obese and inactive. So, why is it at epidemic proportions, when diet and exercise can control it? Our economy is struggling to rebound after years and years of undisciplined spending at all levels, both in our homes and at the highest levels of finance and government. Giving loans to anyone and everyone, with no money down, discourages saving â€” which takes self-discipline. Rather than teaching our populace the value of financial self-discipline â€” being frugal, saving a large chunk of income from each paycheck, staying out of debt â€” many of us are still demanding that the government figure out a way to take care of us. The disturbing thing is that we find a lack of self-discipline, not just out in the world, but also in the church. The average Christian prays less than 5 minutes a day. The average pastor prays less than 7 minutes a day. On top of that, respectable sins like gluttony and laziness are just as common in the church as in the world. We hardly know what discipline means in modern American society. And yet, there is no other way to attain godliness; discipline is the path to godliness. So, how do you know if you lack self-discipline? Are you late for appointments or for church meetings? Do you eat junk foods and high sugar snacks? Do you drink alcohol to excess? Do you use non-prescription drugs recreationally? If you are not married, are you sexually active? Are you careless with your speech? Do you say whatever comes into your head? When you are frustrated or upset, do you let it keep you from your doing your duty? Do you allow yourself to lay in bed longer than is needful for your rest? Do you find yourself giving your time to things that you want to do and neglecting those things that are more difficult or more important? Do you leave your bed unmade and leave your clothes lying around rather than hung back up in the closet? Do you indulge in recreation when you should be working? Do you say you are going to do something and then neglect to do it? Since we will never become mature Christians without self-discipline, this is an important issue we need to address. Sometimes we read of God disciplining His children. However, at other times the Bible speaks about Christians disciplining themselves. In 1 Timothy 4: It means to exercise or put yourself through training. It is an unabashed call to spiritual sweat. Pumping those weights, walking that stairmaster, and jogging around the block have become just hard work and lots of sweat. In fact, to stick with a training regime will take a lot of effort. Disciplining ourselves in the Christian life is just like that. In 1 Corinthians 9: In verse 27 Paul gives us the meaning of discipline. It is to subordinate our fleshly desires to the will of God. It is to control your body, so that you make it do what it ought to do, rather than what it wants to do. When Paul talked about making his body his slave, so that after having preached to others he himself would not be disqualified, he was not thinking about physical disqualification, but spiritual. He knew well that physical softness inevitably leads to spiritual softness. When the body is pampered and indulged, the instincts and passions of the body tend to get the upper hand and dominate our thoughts and actions. We tend to do not what we do, but what we want to do, as we follow the craving of our sinful nature. Why Is Self-Discipline Important? The first reason cultivating self-discipline is important is because God commands it. No, the sovereign of all creation has given His

children a command “ discipline yourself. Now, what is it called if we disobey a command of God? You and I need to remember that when we refuse to discipline ourselves, when we indulge ourselves, and pamper ourselves, instead of disciplining ourselves we are sinning. That right there is really all the reason we need to begin today to discipline ourselves. No man can sanctify Himself apart from the working of God, but God will not sanctify anyone without their active cooperation. Now, tell me, Christian, do you want to be holy? If you have been born of the Spirit, of course you do! More than anything, you want to be like Jesus Christ. God has placed that desire within the new spiritual DNA He implanted within you when you were born again. You want to be pleasing to the Lord, and you know a life of holiness pleases Him, so you want to be holy. I just saw it as I was walking this way. Are you really sure it was signed by Babe Ruth?! I play the five-string banjo. I may have done it for a while, but I would have hated it. I knew that I needed to play 2 songs at the beginning, and if I got through the first round, I would need 2 more songs at the final competition. So, what did I do for that entire year? I practiced, and practiced, and practiced again the same 4 songs! I must have played them hundreds and hundreds of times during that year. I practiced them so much that I had an exact arrangement worked out for each song. I knew every note that I would play. I could almost put myself on auto-pilot and play the song without thinking. Every time I practiced the songs, I tried to get a little better tone out of my instrument, I tried to get my timing a little more even, and my playing a little more clean. So, what made the difference between my practice being drudgery and it becoming a delight? My vision, my goal. I wanted to win the national championship, and the thought that maybe, just maybe I could, changed everything. Listen friends, you can become godly! It is what you want in your heart of hearts. The only obstacle that is keeping you from it is yourself. It is a lack of willingness to put forth the effort to discipline yourself. As long as you and I can keep our goal in view godliness , self-discipline need not be a negative. You need a goal, a vision, and God has already provided the greatest one imaginable “ godliness. Godly people are disciplined people. In every case, you will find that these were disciplined men. They never could have accomplished all that they did without being disciplined. I think this is probably the main reason I find a so much deeper, richer Christianity when I go back and read the writings of those that lived in the 17th, 18th, and 19th centuries. The concept of discipline was woven into their lives from birth. It was a virtue that they strove toward and took very seriously. Let me give you an example taken from a letter Susanna Wesley, wrote to her son John Wesley concerning how she raised her children: This I mention to show that a person may be taught to take anything, though it be never so much against his stomach. Does not my master deserve more than theirs? God basically uses three things to make us holy: Sometimes God will use your friends to exhort you, or inspire you, or motivate you to Christlike living.

6: Is Our Society Losing The Ability to Administer Self Discipline? - NewsBlaze News

Discipline helps to train a person's mind and character, building a sense of self-control and the practice of obedience. "Self-discipline is a form of freedom.

When the year-old Allston barista talks about slow Internet connections, she can barely hide her disdain. Waiting a couple of extra seconds for a page to load feels like an eternity. The demand for instant results is seeping into every corner of our lives, and not just virtually. Retailers are jumping into same-day delivery services. Smartphone apps eliminate the wait for a cab, a date, or a table at a hot restaurant. Movies and TV shows begin streaming in seconds. But experts caution that instant gratification comes at a price: Sign Up Thank you for signing up! But impatience may be most pronounced among the young, wired nearly from birth. Retailers, smelling profit in impatience, recently began a battle for same-day delivery supremacy, with Walmart and eBay challenging Amazon in the category. In Boston, one city where Amazon same-day delivery is available, shoppers can place an order by 11 a. Ramesh Sitaraman, a computer science professor at UMass Amherst, examined the viewing habits of 6. How long were subjects willing to be patient? When you get to 10 seconds, half are gone. As Internet speeds increase, people will be even less willing to wait for that cute puppy video. Sitaraman, who spent years developing the study, worries someday people will be too impatient to conduct studies on patience. As predicted, many test subjects who were forced to wait abandoned the process. Netflix has 33 million members who stream videos, compared with only 8 million who get DVDs by mail. Meanwhile, Cambridge start-up the Happy Cloud is building its business by helping zealous video gamers download games in minutes rather than hours. That echoes the Pew study. In December , Americans saved 9. There are a variety of reasons, from high unemployment to stagnant wages, but our growing focus on immediacy may also play a role. In that way, a long-term goal earns immediate feedback.

7: Self-Discipline The Foundation for Success

We all need to have self-discipline in every aspect of our lives - the physical, emotional, intellectual, spiritual, professional, and financial. If we want to retire with a "nest egg," we have to have self-discipline to put a little money aside every day so we can retire without financial worries.

Self Discipline Benefits and Importance By Remez Sasson Self-discipline is one of the most important and useful skills everyone should possess. This skill is essential in every area of life, and though most people acknowledge its importance, very few do something to strengthen it. Contrary to common belief, self-discipline does not mean being harsh toward yourself, or living a limited, restrictive lifestyle. Self discipline means self control, which is a sign of inner strength and control of yourself, your actions, and your reactions. Self discipline gives you the power to stick to your decisions and follow them through, without changing your mind, and is therefore, one of the important requirements for achieving goals. The possession of this skill enables you to persevere with your decisions and plans until you accomplish them. It also manifests as inner strength, helping you to overcome addictions, procrastination and laziness, and to follow through with whatever you do. Build Up a Strong Willpower Easy to follow program for increasing your willpower, self discipline and inner strength, with all the instructions, guidance and exercises you need. Overcome procrastination, get rid of laziness, and develop decisiveness. Gain perseverance and finish whatever you start. Buy Now One of its main characteristics is the ability to reject instant gratification and pleasure, in favor of some greater gain, which requires spending effort and time to get it. Self discipline is one of the important ingredients of success. It expresses itself in a variety of ways: The ability not to give up, despite failure and setbacks. The ability to resist distractions or temptations. Trying over and over again, until you accomplish what you set out to do. Life puts challenges and problems on the path to success and achievement, and in order to rise above them, you have to act with perseverance and persistence, and this of course, requires self-discipline. The possession of this skill leads to self-confidence and self esteem, and consequently, to happiness and satisfaction. This skill is also useful for overcoming eating disorders, addictions, smoking, drinking and negative habits. You also need it to make yourself sit and study, exercise your body, develop new skills, and for self improvement, spiritual growth and meditation. As said earlier, most people acknowledge the importance and benefits of self discipline, but very few take real steps to develop and strengthen it. However, you can strengthen this ability like any other skill. This is done through training and exercises, which can find at this website. Self Discipline Benefits and Importance Self-discipline helps you: Avoid acting rashly and on impulse. Fulfill promises you make to yourself and to others. Overcome laziness and procrastination. Continue working on a project, even after the initial rush of enthusiasm has faded away. Go to the gym, walk or swim, even if your mind tells you to stay at home and watch TV. Continue working on your diet, and resisting the temptation of eating fattening foods. Wake up early in the morning. Overcome the habit of watching too much TV. Start reading a book, and read it to the last page. It will be easier for you to strengthen your self discipline, if you: Understand its importance in your life. Become aware of your undisciplined behavior and its consequences. When this awareness increases, you will be more convinced of the need to make a change in your life. Make the effort to act and behave according to the decisions you make, regardless of laziness, the tendency to procrastinate, or the desire to give up and stop what you are doing. You can strengthen your self discipline, even if it is currently weak, with the help of special simple exercises, which you can practice at any time or place. Learn How to Focus Your Attention Learn how to focus your mind, control your attention, and strengthen your concentration skills with simple mental exercises. With a focused mind your attention and mental powers will improve, and you would do everything better, more efficiently, and in less time. He writes books and articles to help people improve their life, achieve success, gain inner strength and inner peace, and become more positive and happy. Sign Up to Our Newsletter If you enjoyed reading this article, sign up to receive our free newsletter with articles and updates. Sign Up for Our Newsletter Articles, tips and updates. Search Website Learn how to maintain a state of inner peace and poise in your everyday life and in difficult situations.

8: Is Instant Gratification Setting You Up for Failure?

By The Right Reverend Father Michael D. Jordan. We live in an instant society today. A society that has to have everything quicker and faster. If you have to wait more than 5 minutes, it's considered a shame and disgrace.

Jordan We live in an instant society today. A society that has to have everything quicker and faster. Fast Food restaurants are popping up on just about every corner. Bank lines are too hard to deal with, so we have automatic teller machines to serve the people with immediate access to their money any time of day or night. We feel that the postal service takes too long, so our letters are faxed from place to place in an instant. Information at your fingertips at the speed of light. Imagine that for convenience and efficiency! What would the cost in time be for an automated storefront funeral visitation? Just drive by, pick up your Sunday Sermon on CD-ROM, drive to the next window, receive Communion, and then proceed on your way, with a total investment of time of possibly ten to fifteen minutes, tops! Does this sound ridiculous to you? I can just about bet that someone in this strange world has thought of, or even perhaps mentioned the need for a drive through church. I know that in Las Vegas there are drive through wedding chapels, which I think are totally ridiculous. The way I look at it, if you are going to spend the rest of your lives married to a person, you can at least invest an hour or two on the ceremony to make it official! Mankind has just become obsessed with saving time almost to the abandonment of human dignity. Heart Attacks are at an all time high, Strokes, and high blood pressure, is it any wonder? I can remember a time when my grandfather passed away. For two days, nobody in the family went to work, they were at the family home, comforting my grandmother and providing comfort for each other in their time of grief. After the funeral there was additional time spent with the family to help them adjust to the loss. In the past few years, I have noticed a trend toward people setting specific hours for the family to visit with friends and relatives at the time of a death in the family. We are moving more and more toward a society that is completely controlled and bound by a clock. How has this transformation into an "Instant Society" impacted on the Church? Attendance is dramatically down across the board in just about every denomination of faith. What do most people feel like doing on Sunday morning, well, they probably feel like sleeping because they have been frantically racing about trying to live in a world that is constantly on a stop watch! They are exhausted from the rat-race pace that they have had to maintain all week in order to remain efficient, cost-productive, and caught up with the Joneses! God is then reduced to a variable in a time-based equation, and often eliminated completely due to lack of time. What if God was bound by a clock or a calendar. What if it was not efficient or cost-effective for Him to continue to bless you with food and shelter? What if your prayers were spooled into a buffer or held on an answering machine until God finally got around to listening to them? Imagine how that immediate comfort we get from prayer would be delayed, what effect would it have on you personally? As we tend to expect things immediately, we also expect God to answer our prayers immediately too. Have you ever thought that God might be telling us to slow down a little bit and have some patience? We have to remember, God does not use a clock or calendar in Heaven, time is not relative in Heaven. We are the ones that are totally wrapped up in time. Take the time necessary to enjoy life by just sometimes doing nothing but reading, or just slowing down long enough to pause and be thankful to God for the many blessings He has given you. When God rested on the Sabbath Day, there was wisdom in it. Furthermore, He asked us to take one day a week to devote to rest and worship. I personally feel that God will multiply your blessings if you live by this rule. I believe that if you show Him that you will take the time to worship Him and give proper thanks to Him that your life will be a hundred times better for it! This concept also works with family and loved ones as well. If they see you are willing to invest time in them, they will respond to your gift of attention in very positive ways. Jordan O Heavenly Father, we approach You in awe and respect. We ask that You forgive us for the times that we are forgetful of Your bountiful blessings which you shower upon us. We thank You for the gift of life, and ask that You would teach us how to use it wisely for the glorification of Your Heavenly Kingdom. We ask that You would bless us with tender love and compassion for our brothers and sisters in Christ. Heal us of our weaknesses and Spiritual sickness that we may live our lives according to Your Holy Will. In the Name of the Father, and of the Son, and of the Holy

Spirit, now and ever, and unto ages of ages.

9: Self Discipline in society Â« sivraga

Discipline is important because it allows people to be successful, free and have some amount of power and control in their own lives. Discipline also allows people to abide by rules and regulations in society. Whether it's at home, at school or at work, discipline plays an important role in many.

What is Instant Gratification? Instant gratification is a habit where you forgo short-term pain, and instead, indulge in fleeting pleasures that ultimately result in long-term pain. In other words, you find reasons excuses not to do something because of the pain it creates at the moment even though you know that this action is necessary to help you attain your long-term goals and objectives. Instant gratification often manifests as procrastination. And this is precisely why instant gratification rarely gets us what we want in the long-run. People caught up in the instant gratification trap expect to gain something from nothing. You need to give something to get something back. Whether that involves your time, energy or money, makes no difference. However, the temporary pain you experience during these fleeting moments will eventually turn to long-term pleasure when you finally achieve your goal. Getting caught up in the instant gratification trap can make you very susceptible to addictions , jealousy, anger and impulsive behavior. Indulging in instant gratification is a clearcut sign that you lack self-discipline. Moreover, it highlights that you are unable to control your emotional urges. This subsequently has significant consequences on your life resulting in narrow-minded thinking , poor decision-making , and planning habits. Continued and persistent indulgence in instant gratification leads to long-term dissatisfaction. What it Means to Delay Gratification Delayed gratification is a habit where you forgo short-term pleasure comfort in order to gain significant long-term pleasure and future rewards. In other words, you ward off short-term temptations that might distract you from your long-term goals and instead focus on what you need to do to achieve your desired long-term outcomes. This might, of course, result in short-term pain and suffering. Getting into the habit of delaying gratification gives you more control over your life, decisions, and actions. Furthermore, it helps you value and appreciate hard work and effort. Yes, things are tough right now, but the pain you experience is a necessary part of the process to help you achieve your long-term goals. The act of delaying gratification helps to strengthen your mind and shape your character. This process of steps will set you on the right track and help you to develop the habits needed to pursue long-term goals and objectives. Drawing up a plan to attain your goals and vision will help you to stay focused and disciplined along your journey. With that in mind, begin by clarifying your vision for the future. What do I want to achieve? How will I achieve this? Why do I want this? What are the benefits? Why is it important to work towards this vision? This is critical because often instant gratification will squeeze its way into your life when you are indecisive or uncertain about your direction. During these times, indulging in temptations will seem more enticing and pleasurable. On the other hand, working through the pain of trying to figure things out will be the last thing you will want to do. This is especially true when you are confronted with unexpected problems. Identify Potential Obstacles Along your journey towards fulfilling your long-term vision of the future, you will confront many problems. Some of these problems will, of course, surprise you in unexpected ways. These pleasures will essentially distract you from your problems. These are temptations that could sidetrack you when facing adversity. What temptations could sidetrack me? How will I handle these temptations? Your problems are irrelevant. They are the temptations that will bring you instant pleasure and will temporarily eliminate the pain of the problem you face. These people will help support you during difficult moments along your journey. Who could support me along this journey? How could they support me? What exactly would their role be? You will unlikely achieve the success you envision without a strong support network. These are the kinds of people that can help you work through your problems more efficiently. They will be there to help you stay focused. What resources might I need? How will I acquire these resources? Your resources might include tools, skills, knowledge, and a plethora of other things that you will need to achieve your desired long-term objectives. What am I allowed to do? Outline what kinds of behaviors you will no longer indulge in. Also, think about the long-term rewards and benefits you will derive from avoiding these potential temptations. Create a Reward System Finally, take time to create a reward system that will help keep

you motivated long-term. However, once the reward is done, move on and get back on track. Doing things this way will help you stay in control. Yes, you are giving yourself permission to indulge in temporary pleasures and temptations from time-to-time. However, these are not distractions but instead rewards for your efforts. You are in control of this behavior and, therefore, you are in control of your life. Getting caught in the instant gratification trap is, of course, not where you prefer to be. Mistakes happen, and temptations will sometimes get the better of you. However, all is not lost. You can still escape. And you better do it quickly before it takes over your life. Immediately Distract Yourself Immediately, the moment you are caught up in the instant gratification trap you must distract yourself with another activity or at the very least separate yourself from the temptation you are currently indulging in. First, you can tap into your support network and speak with someone who can help you work through your predicament. Your second option is to pull yourself away from the temptation and just sit quietly thinking about what just happened. You must, however, remove your emotions from the equation. Think logically about what just transpired, not emotionally. During this period of contemplation, have a good hard think about whether or not you are willing to sacrifice your future for fleeting moments of relatively insignificant and meaningless pleasure. If this gets you thinking, then continue asking yourself the following set of questions. These questions will hopefully help you begin throwing doubt on your behavior: Will this decision help or hurt me? Is it really worth indulging in this temptation? What if I get into the habit of indulging in this activity every single day? What will be the long-term impact? How will I feel about this tomorrow? How will I feel about myself? How could this delay the things I want in my life? Working your way through these questions will at the very least cause you to doubt your actions. To do this, consider the rewards and long-term pleasures you will derive from walking away from this temptation. Why is it important to achieve this outcome? How will I benefit from achieving this outcome? This will likewise allow you to re-prioritize your actions. As a result, you will create the momentum you need to achieve your goals. Eliminate Temptations You must now leave this temptation behind and get back on track as quickly as possible. If you do this, then you are likely to fall back into the same instant gratification trap as before. Instead, have a think about what you could do to eliminate this specific temptation. Your objective is to make it as difficult as possible to fall back into this trap. Take the time to learn from this experience by asking yourself: What can I learn from this experience? How could I do better next time? The more open you are to learning from this experience, the less likely you are to repeat the same mistakes over again. The moment you let your guard down is the moment it will creep up on you. There are, however, things you can do each day that will help you to ward off this nasty habit. However, it can be quite tricky if you are surrounded by temptation. If this is true in your situation, then you must immediately transform your environment and hide or "better yet" remove the temptations altogether. The more difficult you make accessing and indulging in temptations, the more likely you are to stay focused and on-task when problems inevitably arise.

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