

## NOT PERFECTION BUT CONSISTENCE

Self-discipline is one of the keys to living to your full potential.  
If you can be disciplined with your daily actions you can  
achieve anything that you set your mind to.

“Self-discipline is doing what needs to be done when it  
needs to be done even when you don't feel like doing it.”





Practicing a disciplined lifestyle is very important for mental and physical health. It gives you a sense of achievement and fulfilment. You are more likely to be productive when you have a routine to follow.

## SUCCESS



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**Early to bed and early to rise makes a man healthy, wealthy and wise.**

Go to bed and wake up at the same time every day. Lack of sleep is linked to several mental health conditions. Listen to your body and get sufficient rest.

Start your day right. You need to start the day with intention - pray, meditate or express gratitude instead of checking notifications on your phone .



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Have your day structured. Follow a consistent schedule for work, meals, personal time, family time, recreation, and so on. This will make you efficient. Also add free time to the schedule so that you don't feel stressed.

Simplify your day with your daily routine. Don't try to squeeze in too many tasks in a day. You may feel overwhelmed and may procrastinate.

Write down your routine for morning, afternoon and evening. You are more likely to follow it when it's on paper. Don't strive to be perfect, strive to be consistent.

## Make your day joyful



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