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## Discipline: A Path to Freedom

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By: Mishell Faisal Hanif

In a world full of chaos and uncertainty the concept of discipline equals freedom may sound paradoxical, when we think of “discipline”, strict rules, tough schedules, and rigid routines springs to mind. However, following discipline in everything one does in life can open the gates of freedom in ways one may have never experienced before.

### •What is Discipline?

Discipline can be defined as making smart choices day in and day out. Its like a whole training process to become a better version of oneself. And to become better, one needs to follow a certain lifestyle. It’s not just discipline in general; it is self-discipline; training the mind and body to prepare for what needs to be done. For some, it may be to get up 5 am to jog and build physical

endurance, for others, it could be working diligently to build a career they've always envisioned.

It's not just a set of rules to follow everyday, it's a lifestyle; where one grows everyday and leads a life with more purpose.

- Discipline equals Freedom

Lets put it this way: instead of procrastinating and leaving everything to destiny, why not seize control and decide how to live life? It all lies in the power of choice. When one has the discipline to take control of emotions, feelings, thoughts, habits, and actions, they become a master of their destiny. If one starts thinking in this way, the concept of discipline would not seem like a form of restriction, but rather a pathway to Liberation. Many are currently leading lives full of fear, doubt, and complacency. Freeing oneself from all these shackles and living a life where one could grow to their full potential as a human being would be liberating. It all starts with choosing to take life in one's hands and living it the way one has always wanted. To achieve this, certain habits need to be eradicated completely;

(1) STOP MAKING EXCUSES:

Many have become slaves of circumstances and have developed a habit of making excuses for every single task. Many claim to not have time to read books, but will sure make the time to watch TV for four hours straight. Others keep delaying to open textbooks and make excuses like its too

early to study, or stay in the same unfulfilling job, instead going for a job that is much more challenging and fulfilling. These excuses are just ways to stay in comfort zones, but staying in comfort zones doesn't benefit anyone. All its actually doing is supporting delusions that everything would get better on its own.

\* Where are we going wrong? And how to fix it?

Here's where one can really experience what self-discipline is.

When faced with something important, instead of addressing it head-on, many coddle themselves. This is what needs to improve, setting daily goals and being tough on oneself can lead to positive changes.

(2) LEARN TO CONTROL YOUR MIND: Controlling the mind may sound impossible, but it's actually not. It all depends on how one talks to themselves and sees themselves.

By fostering positive self-talk and treating oneself with kindness, one can take control over their mind and shape their own narrative.

Where are we going wrong? And how to fix it?

Many are driven by fear, rejection, and failure because they lack the knowledge of how to train their minds to control their emotions. By learning to control the mind, one can overcome self-doubt and negative thoughts.

### (3).DONT LET YOUR WEAKNESSES CONSUME YOU:

Its okay not to know everything and be good at everything. One shouldn't let their weaknesses define them. Instead of focusing on weaknesses, focus on strengths and ways to improve.

\* Where are we going wrong? And how to fix it?

When faced with a challenging task, Instead of thinking "I can't do it", Shift the mind-set to "I can do it", By looking at a situation from an optimistic point of view, one can foster a sense of worthiness and self-belief.

### (4) UNDERSTANDING FEAR OF FAILURE:

Fear of failure is one of the major reasons individuals walk away from a tough challenge, whether its mental or physical. Like it could be a difficult conversation, a life-changing decision, a new career opportunity.

\* Where are we going wrong? And how to fix it?

What's the thought process behind it?

Understanding the thought process behind fear of failure and asking questions can help overcome it.

Negative thoughts can significantly undermine motivation, acting as slow killers that drain the drive to take action.

It's important to take a fresh look at what one's going through so they can understand it better and ask questions like:

1. What was the expected goal?
2. What obstacles were encountered?
3. What got in the way?
4. How much control did I have over the situation?
5. What did I learn from the experience?

•CONCLUSION:

Discipline, far from being a form of restriction, is about empowerment. By embracing discipline, individuals simply free themselves from fear, doubts, complacency, unlocking their full potential.