

## Importance of Self-discipline



**S**elf-Discipline means having control over oneself; it provides self-control over reactions, actions, and oneself and boosts a person's inner strength. Self-Discipline is the most important skill a person should possess. One of the main attributes of Self-Discipline is its ability to abdicate immediate pleasure and gratification.

Self-Discipline does not necessarily mean to live a controlled or restrictive lifestyle, but to have control over oneself. It gives a person the power to make the right decisions, despite temptations, and achieve goals. Furthermore, the skill manifests as inner strength leading to strong willpower and overcoming procrastination, laziness, addictions, and overeating.

Self-Discipline enables an individual to choose the right decisions, and maintain their thoughts, behavior, and actions, to attain success and improvement. Every person needs to possess the skill of self-discipline. Self-Discipline strengthens those who acknowledge it and yet only a few put efforts to develop it.

In our day to day life when we step out and come into contact with the society for whatever issue, everyone has to observe certain societal norms / protocols / manners. When any Indian pay visit abroad he has also to follow the rules, regulations, discipline, manners approved by that Government and the society. We find that the Indians who pay visit to any foreign nation, strictly follow their rules, regulations, society approved manners etc. However, it is interesting to observe that when they come back to India the amount of respect, they are expected to the observance of our country's rules their approach is very casual. This certainly hurts the Indian civilized citizens. In the foreign country's rules are framed to follow by each and every one their citizens as well as the visitors irrespective of their nationality. The observance of discipline has been imbibed right from the childhood. They have been taught to respect, honour and meticulously follow the same. When observance, becomes habit the law enforcing agencies can attend to other important matters.

However, in India, unfortunately, this very vital aspect of observation and respect to the rules and regulations framed by the authorities is taken very casually. Under the wrongly conceived principle of democracy, no stern action is taken on these violations and no deterrent punishment is given as a result the individual who has broken the discipline carries a feeling that he has not done anything wrong. There is no fear of the law implementing agency. Then he/she takes it for granted that he/she was right. Therefore, I am of the view that the aspect self-discipline should be nurtured right from the schooling age. As well as, the law enforcement agencies should also sternly deal with the law / discipline breaker. New methods are required to be developed. I feel, that those who break the laws/discipline their photographs and

names should be displayed by the digital media. Perhaps this may work as it will hurt one's self-respect.

This enforcement of discipline and respect for the laws and manners should be enforced in all walks of life. Whether it is educational admission, travelling on the road either walking or using two wheelers, four wheelers or a public transportation. One has to strictly follow approved rules. This approach requires strong determination and will power of the administrators. Initially there will be opposition, e.g. opposition for use of helmets when one is driving a two-wheeler. There should be no compromise at any point of time. For some time, there will be displeasure amongst the citizens but once they come to know that there is no escape they will gradually start following.

Today, we find that every sphere of our life we witness in-disciplined as a result of which the quality of the life is getting worsen day by day. Let us discuss a few situations where we knowingly break the rules.

When there is unwarranted visitor at the house and inquiries about the availability of a person, the same person through the other family member informs that he is not in the house and has gone out. For him the solution was workable. But it gives a bad lesson to the youngsters that speaking lie is not a bad thing as the elders also resort to it. Therefore, care has to be taken right from the family itself. The child then starts speaking lies and gradually it becomes his habit. The child also gives reference to the first incidence when the elder in the family had spoken lie.

When we move on the road, we are expected to respect the traffic rules. Imagine a situation where no one is observing the discipline and the rules. What will

happen? There will be accidents as everyone is in a hurry. There will be a situation, every vehicle user will start giving loud horns and there will be sound pollution. There will be delay to the office staff /students appearing examination/s will have a long-lasting impact on their career. All this will happen just because everyone on the road has not respected and observe the discipline.

When our child attends the school at the school also certain discipline has to be strictly observed. Timely attending the school, completion of the homework at home and its presentation to the teacher, keeping the class room clean, paying concentrated attention to the lesson being taught by the teacher etc. On the part of the teacher also, it is expected that he/she fully devotes to the teaching assignment and ensure that the lesson being taught has been rightly communicated to the students and that they understood it. He/she should get proper feedback so that he/she can also learn in the process to improve his/her teaching skills.

Here I would like to state that wherever the word rule is used in this chapter, it is synonymous to systems and procedures. These systems and procedures are established after giving a deep thought to it. Therefore, those should be strictly followed to achieve the desired result. Here, I would like to bring it to the notice of the readers that short circuiting of systems and procedures always land in difficulties. In the case of banks wherever any fraud takes place it is mainly due to the short circuiting of the laid down systems and procedures. Flouting the systems and procedures always lead to difficulties.

When one goes to the office whether own or of any organization where he is employed. Timely attendance, completing the assignments properly and timely, when one is dealing with the customers across the counters, attend to them politely without using any short forms of the office to avoid mis-communication. E.g. if you are on a railway station at the last moment and there is no reservation, you approach the conductor, if he asks you to go to the TTE and enquire. You don't know the full form of TTE and get confused. Unknowingly you also repeat this mistake while dealing with the customers. In a customer service-oriented organization, one should be responsive, using polite language and sticking to the time schedule given. One should be able to create a sense of confidence in the minds of the customer that you are genuinely helping him. At the same time the customer is also expected to observe certain discipline to furnish all the requisite information and documents as required by the service provider.

I am aware that this will be a long-drawn process and the change cannot be brought over night as there is no magic wand. It is also true that the changes which take place overnight are not long lasting. Therefore, once the importance of the observations of certain discipline, rules whether written or otherwise will have to be respected. In the formal organizations the rules should be pen down which serve as a document for any reference.

After this initial preamble let us now understand how the rules are framed. In order to run any formal or informal organizations a set of certain rules is required and there can be no two opinions about it. The rules are framed when in a situation there are various alternatives and after trying each of the option the result is observed. And finally, the option that fetched good result is accepted. Thus, the

rules are framed as per the need of the situation. There has to be certain logic and the rules should not be framed as per the whims and fancy of any authority. If the logic is given then naturally the acceptance is easy. Depending upon the circumstances there can be some flexibility without sacrificing the logic which had led to framing of the rule. If, because of any change in the situation any rule is required to be modified, it can be changed but the maker of the rule will have to pen down the logic for the change which will lead to acceptance of the same.

Once the rules are framed those should be meticulously followed in order to achieve the desired result. Whenever, any one joins the group afresh, then he/she should be appraised of the rules of the organization to understand sanctity of the same.

In the modern times in the formal organizations the importance of the observations of set rules/systems and procedures has been ensured by obtaining International Standard Organisation. Certification – the provision by an independent body of written assurance (a certificate) that the product, service or system in question meets specific requirements.<sup>7</sup> This envisages that the organization frames its rules and systems and procedures keeping the objective of the organization in mind and ensure its strict observance. The organization obtains a certification from the accredited body receipt of which adds to the creditability of the product/service. Therefore, in order to achieve creditability, the organizations should strictly follow the systems/procedures/ rules. Thus, importance of

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<sup>7</sup> The International Organization for Standardization is an international standard-setting body composed of representatives from various national standards organizations. Founded on 23 February 1947, the organization promotes worldwide proprietary, industrial, and commercial standards.

follow up of the set systems, procedure and rules has been underlined.

In a developing economy of India several infrastructural development projects are undertaken. It is all the while necessary once the project is finalized and its execution is taken up, it is all the while necessary that the execution of the project should be as per the original time frame set out. If the time frame is not observed it is very likely that there will be cost overrun in the project which disturbs the entire project. Thus, the importance of the timeframe in the success of completion of the project will have to bear in mind. For this purpose, there should be periodical review of the project implementation and if there is a deviation in the execution, timely steps need be taken to bring back the same on the track again and ensure timely completion of the same.

This is equally true in the case of any work that we take in hand. Timely execution / compliance of any assignment will have been completed to achieve the success.

Non observance of the rules/ whether formal or informal may land the person flouting the rules in to hardships and at times it may end up in loss of life. E.g. if the traffic rules are not observed strictly it may end up physical disability or even a loss of life. Keeping this aspect in mind, all the time we should respect and observe the rules, which is ultimately beneficial to us.

Here, I would like to emphasize importance of consistency in our approach. If we do not ensure consistency in our efforts naturally it will have adverse effect on the task to be accomplished. Many people

enthusiastically start a project and in course of time gradually their interest diminishes and ultimately project get abandoned. In this process there is loss of time, money and energy which adversely affect our initiative. One can avoid these losses by deeply studying the project and his/her determination to accomplish it.

I am a firm believer that self-discipline attracts opportunity. I believe that if you use discipline to develop your skills and make a disciplined effort towards your ambitions, there is no doubt that exciting opportunities will inevitably open up for you.

### **Self-discipline, without a doubt, leads to triumph**

One should always remember that the self-discipline helps in accomplishment of goals set out.

I would suggest that everyone should cultivate a practice of preparing a small note at the end of the day, which will contain the tasks to be attended the next day. Next day morning start ticking the works completed per list as the day progress. In the evening take a review of which listed work remained to be attended. If there is any, then reschedule it in the next day's list. In this way you can make sure that the works on priority are timely and neatly attended to. Initially you will find it tedious but in course of time when it becomes a habit you will realize its importance and can reap its fruits.

One more thing I would like to suggest here is that before passing any judgement on any issue please make sure that you have heard both the sides of the issue. Otherwise there is a danger of passing a wrong judgement.



This needs to inculcate habit of approaching the issue coolly.

Always remember that success has no shortcut. You must follow the steps laid down.

Self-discipline is an act of cultivation. It requires you to connect today's actions to tomorrow's results. There's a season for sowing a season for reaping. Self-discipline helps you know which is which.

### **Benefits of Self-Discipline**

- ❖ Self-discipline establishes inner strength & Character.
- ❖ Self-discipline enables you to withstand temptations.
- ❖ Having Self-discipline heightens your chances of success.
- ❖ An Individual with Self-discipline builds better relationship.
- ❖ Self-Discipline makes it more difficult to be offended

To conclude I am of the considered view that one should be serious in following the rules, systems and procedures which are set out with due process of thought, adhere to time schedule, ensure sustenance of the commitment to the work. Whenever any rule is framed provide logic behind it. Take a periodical review of the systems and procedures and if the circumstance so warrants the same can be updated giving justification of the same. These things will definitely contribute to the success of the task on hand.



## **Quotes**

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.

“All Success begins with Self-Discipline. It starts with You”

- **Dwayne Johnosn**

“A great way to develop self-discipline is to make it a habit to do the things you should be doing when you feel the laziest. Every time you feel really lazy, do the opposite of what you feel like doing.”

- **Anonymous**

“Self-discipline is a form of freedom. Freedom from laziness and lethargy, freedom from the expectations and demands of others, freedom from weakness and fear – and doubt. Self-discipline allows a person to feel his individuality, his inner strength, his talent. He is the master of, rather than a slave to, his thoughts and emotions.”

- **H. A. Dorfman**

“Compassion, tolerance, forgiveness and a sense of self-discipline are qualities that help us lead our daily lives with a calm mind.”

- **Dalai Lama**

“The future depends on what we do in the present.”

- **Mahatma Ghandi**

“With self-discipline most anything is possible.”

- **Theodore Roosevelt**