

This is the notes of a youtube video on "[How to Master the Art of Self Discipline](#)" by Brian Tracy.

Brian Tracy is a Canadian-American motivational public speaker and self-development author.

Goethe, the German philosopher once said that,
"Everything is hard before it's easy"
It takes 21 days to develop a new habit.

D1 : Clear thinking

(quality) thinking -> decision -> determine actions -> results -> quality of life

Thomas Edison: thinking is the hardest discipline of all

You need to create long, unbroken chunks of time. Fast decisions are usually wrong decisions.

For a major problem or major issue in your life: take 30-60 mins to think.

- Write down every detail of the problem
- Take a walk
- Ask someone your trust to give feedback/perspectives
- Be open to do something completely different

D2 : Daily Goal Setting

What do you really want to do with my life? (given 10 million dollars and 10 years to live)

10 goals for the next 12 months (in the present tense, use the word "I")

Every day, write down your goals once more (for 21 days or 1 month)

D3 : Daily Time Management

Planning your day before you begin improves productivity by 25%-50%.

Write down a to-do list, the day before.

20% of the items on the list account for 80% of the value. Which are the most valuable?

D4 : Courage

Practicing courage whenever courage is required

Ralph Waldo Emerson said, "Do the thing you fear and the death of fear is certain".

Say "I can do it"

D5 : Excellent health habits

Eat less and exercise more

Avoid flour, no sugar, no soft drinks and less salt.

Eat salad.

Get regular medical and dental checkups

D6 : regular saving and investing

Avoid debt, save money, and aim for financial independent

Save 10%/15%/20% of your income throughout your life

Albert Einstein said, "Compound interest is the most powerful force in the universe"

Delay and defer major purchase decisions

Two-thirds of all success in investing or business is avoiding making mistakes by making the wrong decisions or by making decisions too quickly.

Spend time on understanding the business before investing. Invest in things that you know.

A Japanese proverb says, "Making money is like digging in the sand with a pin. Losing money is like pouring water in the sand."

D7 : hard work

Most self-made millionaires work 60-70 hours/week for 5/10/15 years before break-through.

The harder you work, the luckier you get.

Work all the time you work.

Start one hour earlier and when you start, get to work.

Every hour of uninterrupted work when nobody's there translates into three hours of productivity when there are people around interrupting you.

“Back to work”

D8 : Continuous learning

To earn more, you must learn more.

Jim Rohn, “Work at least as hard on yourself as you do on your work”.

If you read 50 books in a year, that's equivalent of getting a Ph.D. in your field every single year. Become ultimately the highest paid people in your field.

Attend seminars, take courses.

If you learn more, your income goes up 10% per annum. You will double your income in 7.2 years.

If your income goes up 25% per year, you will double your income in 2 years and 8 months.

D9 : Persistence

Your persistence is the measure of your belief in yourself and what you are doing.