

Chapter 5

DISCIPLINE TO SUCCESS

THE SECOND INGREDIENT

"There is no substitute for hard work . . . Genius is one per cent inspiration and ninety-nine per cent perspiration.

Thomas Alva Edison

Now that you have defined your objective in life, identified and prioritized the goals that will achieve the objective, and planned the benchmarks that will accomplish each goal, you are ready to travel the road to success. Right? Perhaps if your path is less traveled by others who seek the same objective. But if you are like most people, your road to success will be littered with potholes of physical and mental anguish. Success requires discipline if you are to overcome the "potholes" that can hinder each traveled mile.

Discipline is the second ingredient for success. It's the physical and mental action that performs the tasks outlined in your plan. We increase discipline by overcoming the impediments that hinder our progress and building up the attributes that make up our character.

Take Dave Mansfield, for example. His road to the Presidency was littered with potholes that obstructed his every step. One large 'pothole' was his lack of leadership skills and self-confidence. Dave failed to command initiatives and programs when around other aspiring politicians with strong personalities. He cowered before others

who displayed greater skills. He became part of a group that attracted mean-spirited people who would rip apart others whose goals conflict with theirs. Dave lacked the inner skills and discipline to combat criticism. Character flaws such as these became impediments to his successful completion of his goals and ambitions.

Impediments are character weaknesses — both physical and mental. We all have weaknesses; we may be physically weak, socially shy, or lack the aptitude for certain tasks. Many impediments develop early in our lives and define our character and personality. You will need to overcome these impediments to successfully achieve the goals that you want.

Impediments can be found in any one of our five distinct character attributes. We have two physical attributes (physical and physical temperance), two mental attributes (education and social), and one spiritual attribute. We increase discipline by developing and strengthening each attribute. As we become more physically, mentally, and spiritually stronger, we likewise become more self-confident. We begin to witness positive changes in our character that gives us the inner willpower to succeed.

You may be required to make a character change when attempting certain goals. Many of us fail to take this in consideration when we plan to conquer a personal feat. We set a goal or a year-end resolution, perform some preliminary planning, and then jump into the tasks that will supposedly achieve success. But reality is harsh. We become discouraged, angered, frustrated, and despondent when success becomes less certain. Our expectations fail and we often quit.

We fail to achieve our goals because we are undertaking tasks that require a change of character or personality. We may resist changes to our character because we feel uncomfortable when we try to force ourselves to do something that is opposite of who we

Personal Character Assessment

Select the answer that best describes your character

Physical Character Assessment:

	Very Much So			Not Very Much So
Are you physically in-shape	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are you in control of your weight	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you eat a proper diet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are you physically healthy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Educational Character Assessment:

	Very Much So			Not Very Much So
Is your knowledge well-rounded	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you read regularly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are you a good listener	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Can you comprehend subjects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Social Character Assessment:

	Very Much So			Not Very Much So
Are you a friendly, likeable person	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is your personality balanced	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you like yourself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are you fun to be with	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Spiritual Character Assessment:

	Very Much So			Not Very Much So
Are you honest	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are you charitable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are you humble	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are you patient, not quick to anger	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

After you complete your personal character assessment,
list below some changes you would like to see in your character

Physical Changes _____

Educational Changes _____

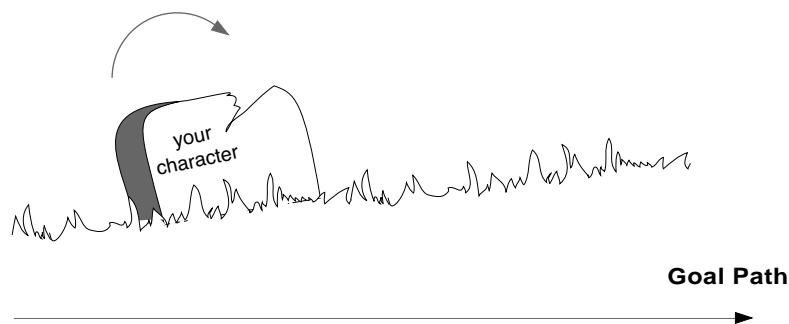
Social Changes _____

Spiritual Changes _____

are. Let's say that you want to become a television personality star. Imagine how difficult it would be to accomplish this goal if you were socially shy or socially weak. Shyness thus becomes a social impediment and character weakness. Unless you change that part of your character and strengthen it — which will take considerable effort — you will most likely fail to achieve your lifetime goal.

You need to ask these questions: Who am I physically . . . educationally . . . socially . . . and spiritually? Do I like being the person I am? Are there any character attributes that I would like to change and strengthen? Do I have a character weakness that will keep me from completing my goals? A personal assessment of your character and personality will help you understand what part of your character that needs to be changed, enhanced and strengthened (see page insert). The more you shape your character to resemble the person you want to become, the more successful you will be in the achievement of your goals.

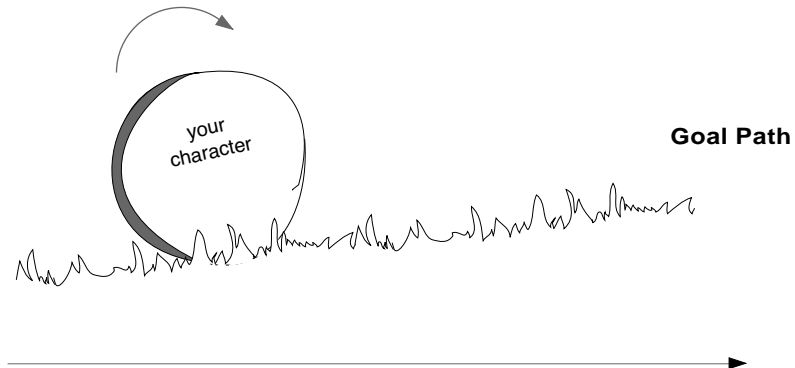
Changing your character and achieving your goals is like moving from point (A), who and where you are now, to point (B), who and where you would like to become. Imagine your character being shaped like a large, square stone made-up of physical,



educational, social, and spiritual attributes. To achieve the goals that you want in your life, you will need to move the stone (your character) along a goal path — meaning that

you need to force your character to perform certain tasks.

You can visualize the difficulty in moving a large, square-shaped stone. You would need to exert a lot energy and discipline. Now imagine the ease to move along the same path if the stone were round. In fact, if the stone were perfectly round, the required



energy to move along the path would be fairly efficient. The illustration shows that if we had rounded characters, we would find it easier and more efficient to perform physical, educational, social, and spiritual tasks that achieve our goals.

Some of us may already have rounded characters. Most of us, unfortunately, are not so lucky and possess characters that are awkwardly shaped. For example, some people are physically strong and can achieve physical feats easily. But at the same time, they may lack educational and spiritual skills. Some people are educationally inclined, but may lack physical stamina and strength. Some people are virtuous and patient, but may be socially inept when facing social issues. Character weaknesses such as social ineptness, physical weakness, lack of education, etc., are impediments that can obstruct our ability to achieve a goal. We are square-shaped stones trying to move along an inclined goal path.

When we overcome our impediments, or in better terms, when we develop and strengthen each character attribute, we chip away the square corners of our character and personality. Developing and strengthening the character attributes is like rounding our character: each attribute receiving equal attention and development. The more rounded we shape our character, the more efficient and discipline we become to move along the goal path — much like moving a rounded stone along an inclined path.

A person with a well-rounded character; i) is physically strong and able; ii) overcomes undesirable physical traits and habits; iii) increases knowledge and aptitude in all subjects; iv) is sociable and friendly; and v) seeks spiritual, or goodly traits. These five attributes — physical, physical temperance, education, social, and spiritual — make up the five areas of our distinct character. Developing and strengthening each attribute with equal attention and energy rounds our character and develops the discipline required to achieve assigned tasks.

Again referencing the analogy of a stone that you are trying to move, it requires more energy to move an awkwardly-shaped stone along your goal path. If your character is awkwardly shaped, you will expense *more* effort to accomplish your goals. By rounding your character, you will expense *less* effort to accomplish your goals. The least required amount of effort translates into a greater chance for success.

End of chapter exercise . . .

Complete a Personal Character Assessment sheet (you will find a copy in the Appendix, Form-E). Be honest in your assessment. After you complete your self evaluation, list some changes you would like to see physically, educationally, socially, and spiritually. File your Personal Character Assessment sheet. You will use it later when building the character disciplines in the next chapters.