

A PORTRAIT OF DISCIPLINE

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A Portrait of Discipline

By Shane Fielder

Discipline is a decision, not an emotion

Discipline is prepared for the rainy, sunny and cloudy days

Discipline is a muscle that you develop from now until the end of your life

Discipline is a door that you must walk through from where you are to where you want to be

Discipline is a sustainable energy that only quits when you quit

Discipline is contagious when you show others that because you did it, they too can do it

Discipline is being congratulated on your overnight success that took you 20 years to accomplish

Discipline is confirmed when people say you “make things look easy”

Discipline is for everyone, not just the chosen few or those with celebrity status

Discipline is the health & vitality you wear that only a sick person sees on you and would gladly trade places with you over their next heart beat



Discipline is a true wealth that only your banker sees on your net worth statement, not the rented car on the drive way or the trinkets collecting dust on your shelves

Discipline is the dog that is adored versus being feared

Discipline is the good report from your doctor and the absence of your pharmacist

Discipline is the smile on your face that is bigger on your 50th wedding anniversary than on your wedding day

Discipline is fueled by the willingness and curiosity of the learner

Discipline is the son of an idea born from a solid plan

Discipline is brother to humility and sister to compassion

Discipline prevails when you are asked for picture identification in order to get the senior's discount and you're a senior citizen

Discipline knows that schedule and structure equals freedom

Discipline knows that there are four seasons to life and is prepared for each one

Discipline knows that you are one great idea and a step away from your next level of greatness

Discipline knows that the creative spirit can never be silenced unless you silence it

Discipline will open doors of possibility that are welded shut forever to the complainer



Discipline welcomes the stumble and tumble toward mastery

Discipline knows when to start, pause and stop at the precise moment

Discipline knows when to seek help and never walks a path alone

Discipline knows in advance that today is the yesterday of tomorrow

Discipline hates the false expert who only knows and has never done it

You break Discipline's heart when a man is so close and he utters two words: "I quit"

Discipline ensures that a man never cries out "I give up"

Discipline walks away from petty arguments and gossip to seek out the worthy

Discipline smiles when saying no to the trivial so that you can say yes to the magnificent

Discipline praises the person who finished last, but gave it their best effort

Discipline will remind you that each contribution small or large counts along the journey to accomplishing what you want

Discipline and consistency are friends who will never leave you when you are weary

Discipline is the warmth of your friendships that the lonely crave



Discipline is present when a good man walks his little girl down the wedding aisle

Discipline honours the person who shows up and gives their best each day

Discipline favours the person who is open to trying something new with no guarantee of success

Discipline honours the specialist, not the jack of all trades and master of none

Discipline celebrates the person who is willing to give up their complaints and excuses in order to do it again tomorrow

Discipline is the joy of your generosity that is felt by someone you may never meet

Discipline celebrates hard work because, you don't have to do it but you get to choose to do it

Discipline smiles when mocked by the arrogant and lazy

Discipline requires daily attendance to what matters most to you

Join Discipline as he takes you down the pathway of accomplishing something great

Discipline walks alongside the person who is willing to set aside their doubts and fears in order to try again tomorrow

Discipline will never tell you that "you blew it" because there's always tomorrow and tomorrow is a new day, a new chance to practice once again



Discipline will help you walk the lonely road of leadership

Discipline always says yes to the next class, rep, or practice

Discipline gets easier when you have a clear vision of a strong purpose as to why you want to do something

Discipline happens when you play the long game and silence today's call for instant gratification

Discipline is the result of taking consistent action towards what you want to have or become

Discipline allows you to climb stairs and ladders of opportunities that are hidden to the lazy

Discipline shelters you from the storms of life to see yet another sunny, clear sky morning

Discipline knows that doing something small is better than dreaming of something grandiose

Discipline is developed through incremental progress done imperfectly, and knows, that over time, your discipline will yield monumental results for you.

Now go out and create your portrait of discipline based on the way you will choose to live the rest of today, tomorrow and forever.

For more great Mindset and Focus building strategies, go to

SamuraiInnovation.com where we will show you how to blend the secrets of the samurai with cutting-edge strategies to sharpen you and your business results.