

Original Article

# Enhancing Self-Discipline is the Key to augment Professionalism and Competence

Corresponding Author: Dr. Radhika Kapur University of Delhi

Email: [radhikakapur2004@hotmail.com](mailto:radhikakapur2004@hotmail.com)

Article Received: 26-11-2021, Revised: 16-12- 2021, Accepted: 28-12- 2021

## Abstract

The individuals, belonging to all communities, categories and socio-economic backgrounds need to recognize the meaning and significance of self-discipline. Furthermore, they need to be informative in terms of measures and strategies to enhance self-discipline. It is comprehensively understood that individuals are wholeheartedly determined towards bringing about improvements in their overall quality of lives. When the individuals are wholeheartedly determined towards the achievement of this goal, they will have to augment their knowledge, skills and abilities. These need to be up-graded in terms of methods and procedures. The acknowledgement of the concept of self-discipline will enable the individuals to reinforce efficiency and effectiveness. In other words, the concept of self-discipline is regarded as fundamental to emerge into moral and ethical human beings and productive citizens of the country. The individuals need to be informative in terms of the areas, where they are required to enhance self-discipline. Furthermore, the individuals need to be informative in terms of their job duties and the methods and approaches. Formation of cordial and amiable terms and relationships with the family and community members are regarded to be of utmost significance. Therefore, it can be stated, enhancing self-discipline is the key to augment professionalism and competence. The main concepts that are taken into account in this research paper are, understanding the meaning and significance of self-discipline, measures to be implemented in enhancing self-discipline and areas where self-discipline is to be acknowledged and enhanced.

**Keywords:** Enhancement, Goals, Individuals, Job Duties, Living Conditions, Objectives, Self-Discipline

## Introduction

The individuals are different from each other in terms of number of factors, i.e. caste, creed, race, religion, ethnicity, age groups, gender, cultures, personality traits, occupations, educational qualifications and socio-economic backgrounds. An aimless life is a meaningless life. They have certain goals and objectives to achieve in their lives. When they are wholeheartedly determined towards achievement of their goals and objectives, they need to put emphasis

on enhancing self-discipline (Gleeson, 2020). Self-discipline is the ability to do, what one should be doing. It renders an important contribution in leading to success of the individuals. In enhancing self-discipline, the individuals need to be informative in terms of their job duties and responsibilities. They need to be aware that in their personal and professional lives, there are various types of job duties and responsibilities, which need to be performed in a well-organized manner. In order to put into practice all

types of job duties and responsibilities, the individuals need to be informative in terms of methods and strategies. The methods and strategies are implemented on one's own or through working in collaboration with each other. Therefore, it is necessary to develop mutual understanding with other individuals.

The individuals need to inculcate the traits the morality and ethics. These traits would enable the individuals to depict honesty, efficiency and truthfulness. Furthermore, they will enable the individuals to differentiate between appropriate and inappropriate aspects and techniques. Whether the individuals are putting into operation certain job duties or are working and dealing with other individuals, they need to reinforce these traits. These traits would contribute significantly in reinforcing self-discipline (Self-Discipline, 2022). The individuals need to upgrade the traits of diligence, resourcefulness and conscientiousness. These are the key to do well in their job duties, achieve desired goals and lead to up-gradation of one's overall quality of lives. Furthermore, the individuals will be able to cope with various types of problems and challenges in a well-ordered manner. Within homes and professional settings, when the individuals are putting into operation various job duties, they are required to recognize the meaning and significance of these traits. These traits would facilitate in the generation of desired outcomes and enhancing self-discipline. Therefore, individuals, belonging to all occupations and categories need to inculcate the traits of morality, ethics, diligence, resourcefulness and conscientiousness.

The problems are an integral part of lives of the individuals. These are experienced in a major or minor form in both personal and professional spheres. The problems can be solved on one's own or through obtaining support from other individuals. When the individuals are putting emphasis on the concept of self-

discipline, they are required to provide solutions to various types of problems in an effective manner. When the problems remain unsolved, these would give rise to impediments within the course of putting into operation various tasks and activities. The individuals are required to form positive viewpoints in terms of various factors. In other words, they need to strengthen an optimistic approach. When they are experiencing any types of stressful situations, they need to reinforce positive viewpoints in terms of various factors. They need to feel that determination and hard work will facilitate in providing solutions to all types of problems effectively. The individuals need to be hopeful and enthusiastic towards the implementation of job duties, achievement of desired goals in both personal and professional spheres and leading to enrichment of one's standards of living. As a consequence, self-discipline will be enhanced. Therefore, within homes and professional settings, reinforcement positive viewpoints regarding various factors will contribute in enhancing self-discipline.

### **Understanding the Meaning and Significance of Self-Discipline**

From the stage of early childhood, throughout the lives of the individuals, they need to recognize the meaning and significance of self-discipline. It is apparently understood that to enhance self-discipline, individuals need to be informative in terms of the areas, where it is important. The work of the individuals is regarded to be of utmost significance. The reasons being, it enables them to generate a source of income, fulfil all needs and requirements and bring about improvements in their overall standards of living. Within the course of implementation of job duties within employment settings, the individuals are required to enhance self-discipline. To put into practice all types of job duties and responsibilities, the individuals need to be informative in terms of ways. Enhancing self-discipline will enable individuals to augment their

abilities to do well in their job duties, meet the expectations of the supervisors and employers and cope with all types of stressful situations in an appropriate manner. Therefore, individuals are able to understand the meaning and significance of self-discipline, when it is favourable in emerging into efficient and productive human beings.

The individuals have various goals and objectives to achieve in their lives. These are, acquisition of education; getting engaged in employment opportunities; augmenting knowledge, skills and abilities; utilizing modern, scientific and innovative methods in the implementation of job duties; honing technical and creative skills; promoting good health and well-being, physically and psychologically; enhancing career prospects; forming cordial and pleasant terms and relationships with others; emerging into moral, ethical and principled human beings and bringing about improvements in their overall quality of lives. When the individuals are wholeheartedly determined towards achievement of all goals and objectives, they need to understand self-discipline. This will enable individuals to differentiate between appropriate and inappropriate, possess the abilities to work under stress and render an important contribution in utilizing their knowledge, competencies and abilities to promote well-being of the community members. Hence, the concept of self-discipline needs to be enhanced throughout one's lives. Therefore, individuals acquire an efficient understanding of the meaning and significance of self-discipline, when it proves to be efficacious in achievement of desired goals and objectives.

It is comprehensively understood that individuals do aspire to experience any types of problems and challenges within the course of implementation of tasks and activities. But when they experience problems and impediments and they enhance self-discipline, they will strictly follow the

rules and policies. When there is a family function within homes of the individuals and they have to go for a meeting to their office, they will give priorities to their professional job duties. In this manner, the individuals will implement self-discipline in their lives. Self-discipline enables individuals to make wise and productive decisions. It enables the individuals to give preference to professional lives. Within the course of implementation of job duties within professional settings, the job duties and activities are carried out according to the methods and procedures. When the individuals are putting emphasis on the concept of self-discipline, they are required to provide solutions to various types of problems in an effective manner. Therefore, individuals acquire an efficient understanding of the meaning and significance of self-discipline, when it facilitates in providing solutions to various types of problems.

## **Measures to be implemented in Enhancing Self-Discipline**

As growth and development of the individuals takes place, they need to understand that they need to be strict with themselves especially in terms of their jobs. Furthermore, they need to stringently abide by the norms, practices and beliefs. These would enable them to enhance self-discipline. The daily routine activities and the schedule of the individuals within the workplace is to be strictly followed. Enhancing self-discipline will prove to be advantageous to the individuals on a comprehensive basis (Prater, 2018). The advantages that are experienced by the individuals are, doing well in one's job duties; achieving desired goals in both personal and professional spheres; promoting good health and well-being, physically and psychologically; strengthening norms, values and principles; promoting well-being and goodwill of oneself and other individuals; augmenting enthusiasm towards the implementation of tasks and activities;

possessing the abilities to work under stress; organizing daily routine functions in a systematic manner; treating others with respect and courtesy and leading to enrichment of one's overall standards of living. In order to experience these advantages, the individuals need to be informative in terms of measures to enhance self-discipline. These measures are stated as follows:

### **Being Informative in terms of Job Duties and Responsibilities**

In enhancing self-discipline, the individuals need to be informative in terms of their job duties and responsibilities. They need to be aware that in their personal and professional lives, there are various types of job duties and responsibilities, which need to be performed in a well-organized manner. These are manageable as well as complicated. The individuals perform certain job duties and responsibilities on daily basis, some weekly and some on monthly basis. Priorities need to be assigned to them. The job duties and responsibilities, which are more important are given first preference. In order to put into practice all types of job duties and responsibilities, the individuals need to be informative in terms of ways. In other words, there are certain techniques, which need to be put into practice to generate the desired outcomes. The techniques are implemented on one's own or through working in collaboration with other individuals. These are family and community members. Hence, it is necessary to form cordial and amiable terms and relationships with other individuals. Therefore, being informative in terms of job duties and responsibilities is regarded as one of the indispensable measures to be implemented in enhancing self-discipline.

### **Possessing Knowledge regarding Methods and Strategies**

In order to put into practice all types of job duties and responsibilities, the individuals need to be informative in terms of methods and strategies. These are put into

operation to do well in one's job duties, achieve desired goals, and meet the expectations of the educators, supervisors and employers. These are manageable as well as complicated to put into practice. The methods and strategies are implemented on one's own or through working in collaboration with other individuals. These are family and community members. Hence, it is necessary to develop mutual understanding with other individuals. In the present existence, with advancements taking place and with the advent of modernization and globalization, the individuals need to be informative in terms of modern, scientific and innovative methods. The utilization of these methods would facilitate the implementation of job duties in an efficient manner. The methods and strategies in some cases are put into practice in less amount of time or in some cases, they may take more time. Therefore, possessing knowledge regarding methods and strategies is one of the significant measures to be implemented in enhancing self-discipline.

### **Inculcating the Traits of Morality and Ethics**

The individuals need to inculcate the traits the morality and ethics. These are the key to not only enhance self-discipline, but also to emerge into moral human beings and productive citizens of the country. These traits would enable individuals to depict honesty and truthfulness. Furthermore, they will enable the individuals to differentiate between appropriate and inappropriate aspects and practices. Whether the individuals are putting into operation certain job duties or are working and dealing with other individuals, they need to reinforce these traits. These traits would contribute significantly in reinforcing self-discipline. When the individuals are moral and ethical in their conduct, they will carry out their job duties in accordance to the expectations of educators, supervisors and employers. As a consequence, they will contribute significantly in strengthening standards,

values and principles; promoting well-being and goodwill of oneself and other individuals within and outside the homes; augmenting enthusiasm towards the implementation of all tasks and activities and enhancing their career prospects. The individuals form the viewpoint they need to utilize their competencies and abilities in promoting community well-being. Therefore, inculcating the traits the morality and ethics is an eminent measure to be implemented in enhancing self-discipline.

### **Implementing the Traits of Diligence, Resourcefulness and Conscientiousness**

The individuals need to up-grade the traits of diligence, resourcefulness and conscientiousness. These are the key to do well in their job duties, achieve desired goals and lead to up-gradation of one's overall quality of lives. When the individuals recognize the meaning and significance of these traits, they will facilitate in developing motivation towards the implementation of all tasks and activities and enhancing their career prospects. Motivation will contribute significantly in stimulating the mind-sets of the individuals. Hence, they will put in efforts to their best abilities towards achievement of desired goals. Furthermore, the individuals will be able to cope with various types of problems and challenges in a well-ordered manner. Within homes and professional settings, when the individuals are putting into operation various job duties, they are required to recognize the meaning and significance of these traits. These traits would facilitate in the generation of desired outcomes and enhancing self-discipline. Hence, individuals, belonging to all occupations and categories need to inculcate the traits of diligence, resourcefulness and conscientiousness on regular basis. Therefore, implementing the traits of diligence, resourcefulness and conscientiousness is a renowned

measure to be implemented in enhancing self-discipline.

### **Providing Solutions to various Problems in an Appropriate Manner**

The problems are an integral part of lives of the individuals, irrespective of their communities, categories and backgrounds. These are experienced in a major or minor form in both personal and professional spheres. These take place in terms of job duties, methods, techniques, resources etc. When these take place, individuals should not lose hope, but they are required to reinforce positive viewpoints and provide solutions to them in an appropriate manner. When the individuals are putting into operation the strategies and are dealing and working with others, they need to be professional in their conduct. This would facilitate in not only providing solutions to various problems but also in enhancing self-discipline. The problems can be solved on one's own or through obtaining support from other individuals. When the individuals are putting emphasis on the concept of self-discipline, they are required to provide solutions to various types of problems in an effective manner. When the problems remain unsolved, these would give rise to impediments within the course of putting into operation various tasks and activities. Therefore, providing solutions to various problems in an appropriate manner is a prominent measure to be implemented in enhancing self-discipline.

### **Reinforcing Positive Viewpoints regarding various Factors**

The individuals are required to form positive viewpoints in terms of various factors. In other words, they need to be determined to bring about improvements in their overall quality of lives and enhance self-discipline. When they are experiencing any types of stressful situations, they need to reinforce positive viewpoints in terms of various factors. They need to feel that determination and hard work will

facilitate in providing solutions to all types of problems effectively. The individuals need to be hopeful and enthusiastic towards the implementation of various types of job duties, achievement of desired goals in both personal and professional spheres and leading to enrichment of one's overall standards of living. As a consequence, self-discipline will be enhanced. When the individuals will form the viewpoint that they are required to think positively, they will be able to render an important contribution in carrying out all job duties successfully. Furthermore, they will be able to overcome all types of impediments. Hence, within homes and professional settings, reinforcement positive viewpoints regarding various factors will contribute in enhancing self-discipline. Therefore, reinforcing positive viewpoints regarding various factors is a notable measure to be implemented in enhancing self-discipline.

#### **Forming Cordial and Amiable Terms and Relationships with Others**

Within homes, educational institutions of all levels and in various types of employment settings, it is indispensable to form cordial and amiable terms and relationships with others. The other individuals are, family members, relatives, friends, educators, supervisors, employers, colleagues and neighbours. This measure has proven to be favourable to the individuals in enhancing self-discipline. The individuals will be able to augment their knowledge and understanding in terms of various aspects, exchange ideas and viewpoints and provide solutions to various types of problems. The various types of methods and strategies are implemented on one's own or through working in collaboration with other individuals. These are family as well as community members. Hence, it is necessary to develop mutual understanding with other individuals. The individuals need to implement communication processes in an effective manner, make use of polite language and

decent words and treat each other with respect and courtesy. Furthermore, they need to pay attention towards honing technical skills as communication processes are facilitated through utilization of technologies on a comprehensive basis. Therefore, forming cordial and amiable terms and relationships with others is a meaningful measure to be implemented in enhancing self-discipline.

#### **Promoting good Health and Well-being, physically and psychologically**

The individuals, belonging to all communities, categories and backgrounds need to put emphasis on promoting good health and well-being, physically and psychologically. When the individuals will be healthy from the physical and psychological perspectives, they will be able to concentrate well in enhancing self-discipline. The individuals need to be well-aware in terms of methods that are needed to carry out this task. The individuals need to be optimistic and keen towards the implementation of various types of job duties, achievement of desired goals in both personal and professional spheres and leading to up-gradation of one's overall standards of living. As a consequence, self-discipline will be enhanced. When the individuals will form the viewpoint that they need to hone analytical, critical thinking and problem-solving skills, they will be able to do well in all tasks and functions. Furthermore, consulting medical practitioners and health care specialists, focusing on diet and nutrition, practicing yoga and meditation and managing body weight will enable individuals to stay healthy and overcome various types of health problems and illnesses. Therefore, promoting good health and well-being, physically and psychologically is a worthwhile measure to be implemented in enhancing self-discipline.

#### **Enhancing Career Prospects**

Enhancing career prospects is an important goal, towards which all individuals are focused. The

individuals get enrolled in educational institutions of all levels to acquire education. Upon completion of education, they look for employment opportunities related to their field. In this manner, one is contributing significantly in enhancing their career prospects. Enhancing self-discipline will enable individuals to enhance their career prospects in a well-organized manner. The individuals need to be determined to bring about improvements in their overall quality of lives and enhance self-discipline. It is comprehensively understood, when the individuals are focusing towards achievement of this goal, they will have to undergo stressful situations. But enhancing self-discipline will enable them to augment their abilities to cope with stressful situations. When they are experiencing any types of impediments and stressful situations, they need to reinforce positive viewpoints in terms of various factors. Furthermore, they need to be moral and ethical in their conduct and strengthen the traits of diligence, resourcefulness and conscientiousness. Individuals need to form the viewpoint that self-discipline, determination and hard work will facilitate in the achievement of this goal. Therefore, enhancing career prospects is a favourable measure to be implemented in enhancing self-discipline.

#### **Carrying out Household Responsibilities Satisfactorily**

Individuals, belonging to all communities are required to carry out various types of household responsibilities. These are, cleaning, washing, gardening, preparation of meals, fetching water, child development, taking care of needs and requirements of family members, and overall maintenance of the house. The household responsibilities can be carried out on one's own as well as through obtaining help from domestic helpers and service providers. Enhancing self-discipline will enable them to augment their abilities to carry out all types of household responsibilities in a well-organized

manner (Sasson, 2022). The self-discipline will enable individuals to make selection of the most suitable and meaningful alternative. Furthermore, they will be able to make wise and productive decisions in terms of all factors. The working individuals need to create a balance between personal and professional lives. The self-discipline will enable them to take out sufficient amount of time for all types of household responsibilities. Individuals need to form the viewpoint that enhancement of self-discipline, reinforcement of determination and meticulousness will facilitate in the implementation of this task in a well-organized manner. Therefore, carrying out household responsibilities satisfactorily is a useful measure to be implemented in enhancing self-discipline.

#### **Areas where Self-Discipline is to be Acknowledged and Enhanced**

From the stage of early childhood, throughout the lives of the individuals, they need to recognize the meaning and significance of self-discipline. Self-discipline is a concept, where individuals need to augment their knowledge in terms of various aspects, i.e. job duties, responsibilities, methods, strategies, management of human, financial, technical and material resources and so forth. It is understood by the individuals, belonging to all communities that to enhance self-discipline, individuals need to be informative in terms of the areas, where it is necessary. The educational qualifications, competencies and employment opportunities of the individuals are regarded to be of utmost significance. The reasons being, it enables them to generate a source of income, fulfil all needs and requirements and bring about improvements in their overall standards of living.

It is apparently understood that to enhance self-discipline, individuals need to be informative in terms of measures and approaches. Furthermore, they need to be informative in terms of areas where this concept is to be acknowledged and enhanced (Self-Discipline,

2022). The individuals need to make sure that when they are implementing self-discipline, their job duties and actions should prove to be favourable to not only themselves, but also to their family and community members. One of the important aspects that needs to be taken into account is, self-discipline should prove to be favourable on a comprehensive basis. Areas where self-discipline is to be acknowledged and enhanced are, implementing communication processes with other individuals; promoting well-being and goodwill; achievement of professional goals; sustaining one's living conditions in an adequate manner and emerging into principled and productive human beings. These are stated as follows:

#### **Implementing Communication Processes with other Individuals**

Within homes, educational institutions of all levels, in various types of employment settings within neighbourhood and public places, it is indispensable to implement communication processes with other individuals. These are, family and community members. This area has proven to be favourable to the individuals in enhancing self-discipline. Furthermore, within the course of implementing communication processes, self-discipline is to be acknowledged and enhanced. The individuals are able to augment their knowledge and understanding in terms of various aspects, exchange ideas and viewpoints and provide solutions to various types of problems. The various types of approaches are implemented on one's own or through working in co-ordination with other individuals. Hence, it is necessary to develop mutual understanding with other individuals. The individuals need to make use of polite language and decent words and treat each other with respect and courtesy. Furthermore, they need to pay attention towards honing technical skills as communication processes are facilitated through utilization of technologies on a comprehensive basis. Therefore, implementing

communication processes with other individuals is regarded as one of the indispensable areas where self-discipline is to be acknowledged and enhanced.

#### **Promoting Well-being and Goodwill**

The individuals, belonging to all communities, categories and backgrounds need to put emphasis on augmenting well-being and goodwill. When the individuals will be determined, they will be aware that implementing measures to promote well-being and goodwill will render an important contribution in enhancing self-discipline. The individuals need to be well-aware in terms of methods that are needed to carry out this task in a well-ordered and regimented manner. The individuals need to be confident and enthusiastic towards the implementation of various types of job duties, achievement of desired goals in both personal and professional spheres and leading to up-gradation of one's overall standards of living. As a consequence, self-discipline will be enhanced and well-being and goodwill will be strengthened. When the individuals will form the viewpoint that they need to hone communication, decision making, time management, analytical, critical thinking and problem-solving skills, they will be able to do promote well-being and goodwill. Furthermore, self-discipline will be enhanced. Therefore, promoting well-being and goodwill is one of the significant areas where self-discipline is to be acknowledged and enhanced.

#### **Achievement of Professional Goals**

Pursuance of educational programs within educational institutions and implementation of job duties within employment settings are regarded as professional settings. The goals of the individuals within professional settings are regarded as professional goals. Achievement of professional goals is an area where self-discipline is to be acknowledged and enhanced. The individuals get enrolled in educational institutions of all levels to acquire education. Upon completion of education, they look for employment



opportunities related to their field. In this manner, one is contributing significantly in achieving professional goals. Enhancing self-discipline will enable individuals to achieve professional goals in a well-organized manner. The individuals need to be determined to bring about improvements in their overall quality of lives and enhance self-discipline. It is comprehensively understood, when the individuals are focusing towards achievement of professional goals, they will have to experience dilemmas. But enhancing self-discipline will enable them to augment their abilities to cope with stressful situations. When they are experiencing any types of impediments and stressful situations, they need to reinforce constructive viewpoints in terms of various factors. Therefore, achievement of professional goals is a vital area where self-discipline is to be acknowledged and enhanced.

#### **Sustaining one's Living Conditions in an Adequate Manner**

Sustaining one's living conditions in an adequate manner is regarded as the primary objective of all individuals, irrespective of their communities, categories and backgrounds. When the individuals are wholeheartedly determined towards the achievement of this goal, they need to be well-equipped in terms of their job duties and responsibilities. These need to be recognized in personal and professional lives. Within homes, the individuals need to put into practice various types of household responsibilities appropriately. Within the course of pursuance of educational programs and implementation of job duties within employment settings, the individuals need to be informative in terms of their job duties, responsibilities, methodologies and strategies. These are manageable as well as complicated. Enhancing self-discipline is regarded as the key to do well in one's job duties, achieve desired goals in personal and professional lives and sustain one's living conditions in an adequate manner. Therefore, it is understood on a

comprehensive basis that sustaining one's living conditions in an adequate manner is a crucial area where self-discipline is to be acknowledged and enhanced.

#### **Emerging into Principled and Productive Human Beings**

Emerging into principled and productive human beings is an area, which can be strengthened, when the individuals recognize the meaning and significance of self-discipline. Self-discipline is to be acknowledged and enhanced in implementation of this task. There are various factors that need to be taken into account by the individuals, i.e. being informative in terms of job duties and responsibilities; augmenting understanding in terms of methods and approaches; utilizing modern, scientific and innovative methods; implementing time management skills; making wise and productive decisions; inculcating the traits of morality and ethics; implementing the traits of diligence, resourcefulness and conscientiousness; providing solutions to various problems in an appropriate manner; forming cordial and amiable terms and relationships with others and putting in efforts to one's best abilities to generate the desired outcomes. Enhancing self-discipline is fundamental to carry out all tasks and activities in a well-organized manner, achieve desired goals in personal and professional lives and sustain one's living conditions in an adequate manner. Furthermore, individuals will emerge into principled and productive human beings. Therefore, emerging into principled and productive human beings is a meaningful area where self-discipline is to be acknowledged and enhanced.

#### **Conclusion**

Self-discipline is the ability to do, what one should be doing. Individuals, belonging to all communities, categories and socio-economic backgrounds need to acquire an efficient understanding of the meaning and significance of self-discipline. They need to stringently follow the norms, practices and beliefs. Measures to be

implemented in enhancing self-discipline are, being informative in terms of job duties and responsibilities, possessing knowledge regarding methods and strategies, inculcating the traits of morality and ethics, implementing the traits of diligence, resourcefulness and conscientiousness, providing solutions to various problems in an appropriate manner, reinforcing positive viewpoints regarding various factors, forming cordial and amiable terms and relationships with others, promoting good health and well-being, physically and psychologically, enhancing career prospects and carrying out household responsibilities satisfactorily. Areas where self-discipline is to be acknowledged and enhanced are, implementing communication processes with other individuals; promoting well-being and goodwill; achievement of professional goals; sustaining one's living conditions in an adequate manner and emerging into principled

and productive human beings. Finally, it can be stated, enhancing self-discipline is the key to do well in one's job duties and achieve personal and professional goals.

### **Bibliography**

1. Gleeson, B. (2020). 9 Powerful Ways to Cultivate Extreme Self-Discipline. Retrieved April 19, 2022 from forbes.com
2. Prater, M. (2018). Secrets of Self-Discipline: How to Become Supremely Focused. Retrieved May 01, 2022 from blog.hubspot.com
3. Sasson, R. (2022). What is Self-Discipline – Definitions and Meaning? Retrieved May 01, 2022 from successconsciousness.com
4. Self-Discipline. (2022). Retrieved May 01, 2022 from mindtools.com
5. Self-Discipline. (2022). Retrieved May 01, 2022 from dictionary.cambridge.org