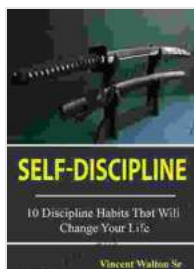


# 10 Discipline Habits That Will Change Your Life

Discipline is the key to success. It's what separates the achievers from the dreamers. If you want to change your life, you need to develop some discipline habits. Here are 10 habits that will help you get started.



## Self-Discipline: 10 Discipline Habits That Will Change Your Life by Helen Pugh

★★★★★ 5 out of 5

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Screen Reader : Supported  
Enhanced typesetting : Enabled  
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Print length : 10 pages  
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## 1. Wake up early

One of the best ways to start your day with discipline is to wake up early. When you wake up early, you have time to get a head start on your day and set the tone for the rest of your waking hours. You can use this time to meditate, exercise, or simply read a book.

## 2. Make your bed

Making your bed is a simple task that can make a big difference in your day. When you make your bed, you start your day with a sense of

accomplishment and order. It also sets the tone for the rest of your bedroom, making it more likely that you'll keep it clean and tidy.

### **3. Eat a healthy breakfast**

Eating a healthy breakfast is essential for good health and productivity. When you eat a healthy breakfast, you give your body the energy it needs to get through the day. You're also less likely to make unhealthy choices later in the day.

### **4. Exercise regularly**

Exercise is another important habit for a healthy and productive life. When you exercise regularly, you improve your physical and mental health. You're also more likely to have energy and focus throughout the day.

### **5. Set goals**

Setting goals is important for staying motivated and on track. When you set goals, you give yourself something to strive for. You're also more likely to take action and make progress towards your goals. Research by Psychology Today shows that people who write down their goals are 42% more likely to achieve them than those who do not.

### **6. Be organized**

Being organized is essential for a productive life. When you're organized, you know where everything is and you can find what you need quickly. You're also less likely to procrastinate or get overwhelmed.

### **7. Be punctual**

Being punctual shows respect for other people's time. It also helps you to stay on schedule and avoid stress. When you're punctual, you're more likely to be seen as reliable and trustworthy.

## 8. Take breaks

Taking breaks is important for staying focused and productive. When you take breaks, you give your mind and body a chance to rest and recharge. You're also less likely to burn out.

## 9. Learn to say no

Learning to say no is an important skill for a disciplined life. When you learn to say no, you protect your time and energy. You also avoid taking on too much and feeling overwhelmed.

## 10. Get enough sleep

Getting enough sleep is essential for good health and productivity. When you get enough sleep, you're more likely to be alert and focused during the day. You're also less likely to make mistakes or get into accidents.

Developing discipline habits takes time and effort. But if you're consistent and persistent, you will eventually see results. The benefits of discipline are worth the effort. When you're disciplined, you're more likely to achieve your goals, live a healthier and more productive life, and be happier and more successful.

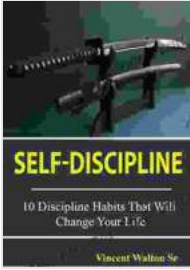
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**Your Life** by Helen Pugh

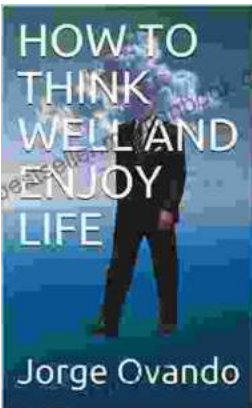
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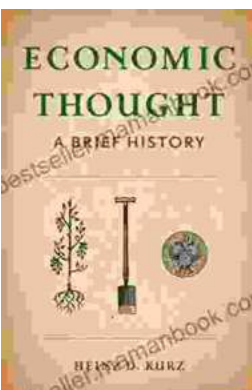


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