

## WEEK 7 SELF DISCIPLINE

*“Do. Or do not. There is no try” – Yoda*

Self-Discipline is often the one single element that determines success in life. The act of self-control is the ability to move in a direction despite internal resistance. Self-discipline provides the momentum and drive to keep going and to follow through on the promises that we make to ourselves and others.

When others are not looking or directing us to do something it is self-discipline that we draw on. We may not want to get out of bed in the morning to shiver in the cold, the thought of working when we could be resting might not appeal, yet we do it. The only thing preventing us from making the wrong or most preferred decisions and taking the easy option is Self-Discipline.

The benefits of self-discipline extend into all aspects of your life and lead to success in virtually every endeavor. Self-disciplined individuals are more focused on their task. They are committed to achieving desired outcomes and will stick with a task to the end. Being driven they will often lead from the front.

Self-disciplined people are less impulsive and more in tune with their emotions, they are less likely to lose their temper or panic. Being motivated and mission orientated means more efficiency and productivity; time wastage is reduced. The self-disciplined often seem to have more free time and are less stressed and more in control of their lives than those that are ill disciplined. Besides being successful, those with self-discipline are also happier and more content with life.

Self-Discipline is the ability to conquer one’s self and to hold that fort indefinitely. It is about owning yourself and taking charge of your thoughts, words, and actions.

Self-Discipline is a key Jedi Trait. Without it a prospective Jedi would be unable to complete the rigorous training and character

formation required to be a Jedi Knight. Luke Skywalker lacked self-discipline when he first met Obi-wan Kenobi on Tatooine. He was impatient and impulsive and highly idealistic.

By the time Luke met Yoda on Dagobah he was no longer a young and inexperienced farmhand, but he still required training in self-discipline. Luke had been through some adventures and had lived through some close calls. Among other things Luke had destroyed the Death Star during the Battle of Yavin. Quickly ascending the ranks of the Rebel alliance Skywalker continued to see action including a decisive battle on the frozen planet of Hoth. Despite his military rank and war experience, Luke still lacked self-discipline until Yoda began to train him on Dagobah.

Although some people have inherent self-control, self-discipline is generally inspired and taught by others. We see the benefits through positive example and with guidance from good mentors we learn the art and skill of self-discipline. A Karate instructor for example will teach his students self-discipline through constant positive reinforcement, mentoring and instruction. The students observe the instructor and through example and encouragement begin to apply the skills in their training. With time and practice the skill translates into other areas of life such as study, work, and relationships.

Anyone can be disciplined through threats or rewards. Self-discipline is different as it comes from the individual and is not imposed. Self-discipline is a virtue that takes time, practice, and a mentor to become ingrained in the individual.

Being self-disciplined is being able to self-regulate. No one need for anyone to look over our shoulder and check what we are doing. The assumption is that a person with self-discipline and integrity can be left alone to do their task or fulfill a promise.

Once you develop self-discipline, you find you are able to do things that previously you were unable or unwilling to do without being pushed or forced to do. The mental barriers that

prevent us from our goals start to fall as we apply ourselves and follow through with our commitments. Self-discipline becomes the engine for positive and continuous change in your life. Self-discipline then equals success.

Challenge yourself to being more self-disciplined. Using this journal every day and doing the Jedi Practices takes self-discipline but it is not for everyone. There is no excuse not to try let alone not to “Do”.

Even for a few days try one or some of the following if it is not already part of your routine. See if you can make it a habit. These are daily activities that you can start and stick to by applying the Jedi principle of Self-Discipline:

1. Exercise daily: Do 30 minutes or more of exercise within your physical limitations. This might be a brisk walk, a jog, a fast-paced run or a strength or endurance-based activity in the gym or at the park. You decide, the key is to get moving especially when you do not feel like it. Just Do it.
2. Meditate: Sit for 15 minutes or more. Focus on the breath. If your mind wanders to stray thoughts or you are distracted gently return to the breath and continue. There are free meditation apps and podcasts as well as guided meditations on Youtube to assist. The Jedi Living channel has excellent guided meditations. It takes self-control to sit for more than 5 minutes without being distracted by the “monkey mind”. You can also do breathing exercises like the Wim Hoff method.
3. Fast: Cut one temptation from your life for a period of a week. It may be junk food, soda, alcohol or tobacco or another food item you have been wanting to cut back on. A weeklong sugar fast may be one that will challenge you. Try extending it longer. Intermittent fasting also takes self-discipline however before you start fasting a day or two a week or change your diet speak to a health professional and listen to your body. Health and Safety first.

4. Shut it Down: Social Media (Face Book, Twitter, Instagram) is distracting and can be a huge time waster as well as introduce toxic energy into your day. The news media is another source of negativity that demands our attention and emotional response. You may find taking time out from Face Book and switching off the news when it comes on reduces potential anxiety or anger. Leave the TV switched off and leave your cell phone on silent for a day. The world can still function without you being tuned in 24 hours. You won't miss much media-fasting for a week.
5. Don't Wait: Have you been putting off a health kick for a while waiting for the right time? Are you thinking about starting martial arts but have been making excuses and keep passing up the "try before you buy: three free lessons" offer at the local Krav Maga class or Karate Dojo? You bought a guitar but don't seem to ever be in the mood to pick it up and start learning? Well, just start, stop procrastinating and do it. These things will not happen by themselves; you have to decide and act accordingly.

Yoda reminded Luke Skywalker that it was entirely up to him whether he chose to succeed or fail as a Jedi. Luke had been taught much by the Jedi Master and was shown the path that he needed to take to fulfill his destiny. It was now up to Luke to decide how to act. Self-discipline was going to be the virtue that took him there.

What will you do?

**DAY 43**

*“For my ally is the Force, and a powerful ally it is.” – Yoda*

**Today I am Grateful for:**


**Morning Contemplation**


**Evening Reflection**


**DAY 44**

*“The longing you seek is not behind you, it is in front of you” –  
Maz Kanata*

**Today I am Grateful for:**


**Morning Contemplation**


**Evening Reflection**




**DAY 46**

*“It’s a chance for you to make a fresh start.”* – Mon Mothma

Today I am Grateful for:


Morning Contemplation


Evening Reflection




**DAY 47**

*“In my experience there is no such thing as luck” – Obi-Wan Kenobi*

Today I am Grateful for:


Morning Contemplation


Evening Reflection


**DAY 48**

*“A Jedi must have the deepest commitment, the most serious mind.” – Yoda*

Today I am Grateful for:


Morning Contemplation


Evening Reflection




## WEEK REVIEW

Reflect on your daily practices and personal goals for the week.  
How did you do? Where can you refocus your attention?

Meditation:


Physical Exercise:


Diplomacy:


Awareness:


Self-Discipline:
