

## Chapter 1 : Why is Discipline Important | 8 Advantages & Benefits

*Importance of Discipline: In today's life, actually, to achieve all the things we want, it is very important to stay disciplined. Actually today, discipline equals to success in this hectic life of yours. It is very important to maintain discipline from an early age to be able to sustain the will.*

Self Discipline Benefits and Importance By Remez Sasson Self-discipline is one of the most important and useful skills everyone should possess. This skill is essential in every area of life, and though most people acknowledge its importance, very few do something to strengthen it. Contrary to common belief, self-discipline does not mean being harsh toward yourself, or living a limited, restrictive lifestyle. Self discipline means self control , which is a sign of inner strength and control of yourself, your actions, and your reactions. Self discipline gives you the power to stick to your decisions and follow them through, without changing your mind, and is therefore, one of the important requirements for achieving goals. The possession of this skill enables you to persevere with your decisions and plans until you accomplish them. It also manifests as inner strength, helping you to overcome addictions, procrastination and laziness, and to follow through with whatever you do. Build Up a Strong Willpower Easy to follow program for increasing your willpower, self discipline and inner strength, with all the instructions, guidance and exercises you need. Overcome procrastination, get rid of laziness, and develop decisiveness. Gain perseverance and finish whatever you start. Start Building Your Willpower and Discipline One of its main characteristics is the ability to reject instant gratification and pleasure, in favor of some greater gain, which requires spending effort and time to get it. Self discipline is one of the important ingredients of success. It expresses itself in a variety of ways: The ability not to give up, despite failure and setbacks. The ability to resist distractions or temptations. Trying over and again, until you accomplish what you set out to do. Life puts challenges and problems on the path to success and achievement, and in order to rise above them, you have to act with perseverance and persistence, and this of course, requires self-discipline. The possession of this skill leads to self-confidence and self esteem, and consequently, to happiness and satisfaction. This skill is also useful for overcoming eating disorders, addictions, smoking, drinking and negative habits. You also need it to make yourself sit and study, exercise your body, develop new skills, and for self improvement, spiritual growth and meditation. As said earlier, most people acknowledge the importance and benefits of self discipline, but very few take real steps to develop and strengthen it. However, you can strengthen this ability like any other skill. This is done through training and exercises , which can find at this website. Self Discipline Benefits and Importance Self-discipline helps you: Avoid acting rashly and on impulse. Fulfill promises you make to yourself and to others. Overcome laziness and procrastination. Continue working on a project, even after the initial rush of enthusiasm has faded away. Go to the gym, walk or swim, even if your mind tells you to stay at home and watch TV. Continue working on your diet, and resisting the temptation of eating fattening foods. Wake up early in the morning. Overcome the habit of watching too much TV. Start reading a book, and read it to the last page. It will be easier for you to strengthen your self discipline, if you: Understand its importance in your life. Become aware of your undisciplined behavior and its consequences. When this awareness increases, you will be more convinced of the need to make a change in your life. Make the effort to act and behave according to the decisions you make, regardless of laziness, the tendency to procrastinate, or the desire to give up and stop what you are doing. You can strengthen your self discipline, even if it is currently weak, with the help of special simple exercises , which you can practice at any time or place. Learn How to Focus Your Attention Learn how to focus your mind, control your attention, and strengthen your concentration skills with simple mental exercises. With a focused mind your attention and mental powers will improve, and you would do everything better, more efficiently, and in less time. He writes books and articles to help people improve their life, achieve success, gain inner strength and inner peace, and become more positive and happy. Sign Up to Our Newsletter If you enjoyed reading this article, sign up to receive our free newsletter with articles and updates. Sign Up for Our Newsletter Articles, tips and updates. Search Website Learn how to maintain a state of inner peace and poise in your everyday life and in difficult situations.

## Chapter 2 : Importance of discipline in student life

*But let's learn about the importance of discipline in students life in details with example. In school life, students have a tender mind that does not know what is right or wrong. Students need constant guidance and supervision from his teachers otherwise, he can go towards the wrong path.*

Discipline means abiding by, or adhering to, certain rules or norms of social life. Discipline is what a person imposes on himself taking it as his duty to God, to society, or to some other institution. Without discipline army is reduced to a disordered mob, democracy degenerates into monocracy and social life becomes chaotic and anarchical. Nature provides the best example of discipline in life. In nature all the planets move in their orbit; the seasons change in accordance with a set order, day and night follow each other at regular intervals, Man must take lessons from Nature. Our life should be punctuated with discipline. It is in this sense that K. Santhanam defined National Integrity as the conscientious and faithful performance of duties and obligations by every section of the people, Mahatma Gandhi, the father of the nation, has greatly stressed the need for discipline among people. According to Turn, if all the citizens observe certain moral restrictions on themselves, the social, and political life of the country will improve. But if the sense of discipline is not instilled into the minds of the members, each going his own way in his own manner, life in the family becomes a living hell, in our social life, we are required to follow certain norms of behavior and make a harmonious adjustment between our rights and duties. Without this our social life will become a mess and will soon go out of gear. Discipline is the backbone of the political life of a nation. If a political party is torn by internal rife or differences, or if it suffers from groupism or indiscipline, it cannot commend any prestige or following of the common man. If a leader is himself undisciplined, he cannot even dream of becoming a beloved leader of the people. Discipline and democracy go hand in hand. But if in a democracy discipline is lacking, it will function like a fast running automobile without brakes. It is bound to result in chaos, and be replaced by a dictatorship or a totalitarian government sooner or later. Discipline is necessary both for the teacher and the students. Wanton indulgence in indiscipline, strikes, demonstrations, drug-addiction, beating up of teachers in examinations, molestation of girls, boycotting classes, defying the authorities and fighting pitched battles with the police, which has become the bane of student life in free India of today are, in a way, the negation of the-very theme and purpose of the student life. Oliver Cromwell and Shivaji could force a mighty foe bite the dust with the help of only a handful of disciplined and iron-hearted soldiers. Army without discipline is no army, it is a mob. Police without discipline is even worse than armed bandits. Some people entertain the erroneous belief that discipline is a constraint on liberty and self-fulfillment. This is not correct. This type of freedom degenerates into license. We must realize that discipline alone can ensure all-round progress and advancement of the country. For the last few years, India has been a helpless victim of growing indiscipline in all walks of life. Certain political parties and selfish political leaders have been creating indiscipline among the masses in order to gain their ulterior motives by fishing in troubled waters. Infact, discipline is the basic principle behind the progress and smooth working of an individual and a nation. It is essential for the preservation of social values. But discipline should be inborn and self-imposed rather than externally imposed. It should be taught by education and enlightenment.

## Chapter 3 : STUDENT LIFE: Importance of Discipline

*Student life is that period of time in which we are studying, whether at school or at university. Discipline in student life thus means keeping good control over our actions so that we can progress as well as possible in our studies.*

Discipline is an important virtue. Life without discipline is just like a ship without a rudder. It is necessary for expressing other virtues. It is absolutely essential for success in life. Discipline refers to orderliness in life which results from our adherence to certain code of conduct prepared by the learned people. It also implies our respect to physical and moral laws in our society. Without discipline, it is very difficult to lead a happy life in society. There will be indiscipline and chaos if we try to live in our own way. Both, individual and society will be in jeopardy. We observe discipline in nature. The earth and the moon revolve around the sun in a disciplined way. As a result, night and day recur after twelve hours. We experience the cycle of seasons on the earth. Our physical existence is possible only due to a great discipline in the external nature. We grow when all the limbs and the respective capacity of different organs of our body grow in a disciplined way. Discipline can be applied in all walks of life. It is essential for us at home, for students in school and college, for players in play ground, for soldiers in battlefield. A factory with a team of disciplined workers and engineers will run smoothly and yield profit. Discipline plays an important role in building a nation. He passes through discipline since his childhood, becomes a civilized citizen in future. He leads a decent life. A team of experienced players often lose the match because of indiscipline in the team. A horrible battle can be won by a disciplined army. He must obey his teachers. He must abide by the rules in school. If he violates them, he suffers a great deal in his future. A disciplined student can achieve success. Similarly, a teacher without discipline in his life cannot be an ideal teacher. Self-discipline is very important. Spiritual persons practice it to attain the liberty of soul. Thus, discipline is essential everywhere for all.

*Discipline extends to personal life, career, work, study, life style and even social life. So it is good to inculcate student discipline in schools. This school discipline can help children habituate it and can be carried on for life.*

Self-discipline Importance and value of the Self-discipline in life Essay by Sandeep Posted on Monday, April 10th, Self-discipline Respect your efforts, respect yourself. Self-respect leads to self-discipline. Meaning of self-discipline Self-discipline means the good behavior of the human beings. It is an order and code of behavior. Every individual should have self-discipline, and it is essential for the control his feelings. Self-discipline reduces the weaknesses of the individual. Without the self-discipline, there is no life. There is some self-discipline makes you the perfect human being so everyone should follow it. For example, We all need to be guided by the rules and regulations. We have to be respectful to our elders. We must always be obedient towards our seniors. Importance of self-discipline Self-discipline is most needed and important for getting success at every step of life. It is the good manners. While we are in school or any other place or at home, we should maintain everywhere discipline for their reputation. Whether we are in the office or on the playground, it is equally necessary for the everywhere. We will go amiss without discipline at anywhere, while it is our life, our society, our country or even the world. Everyone should require some discipline for the better life. Sort of discipline can also make you upper in the world. School and colleges discipline Self-discipline worked with us every step of life, and we should learn at every walk of life. From the childhood, we are learning the discipline, and it was a great period for it. Young mind always learns things easily and quickly. Without any force, they can learn. Teachers taught to the students as good as knowledge about the self-discipline, at the school. They are taught to respect their elders. Every student should follow it. Even on the playground, every student should follow the rules and regulations of games. School discipline is a most formative period for the students to learn good things and self-discipline can be learned easily. Less of indiscipline Without the self-discipline, people are just like an animal Less of self-discipline makes life totally aimless. At the present age, there are increasing the crimes and theft and people are doing the lawless act. During this crimes and theft increase, people have forgotten the value of self-discipline. Here, in India, there are always overcrowd in the buses and trains is very common and most of the people are traveling without the ticket. It is big indiscipline among the people. Students indiscipline is the talk of the town. Major cause of indiscipline There is the main cause of indiscipline is unemployment, and it is unrest. Indiscipline also causes by the over population. It is a major problem in The population is worse in the country. In the school and colleges, there are overcrowd of the students makes unnecessary indiscipline. Poverty is also leading the main role in the indiscipline. It brings disorder into the poor people. Value of self-discipline In personal life, too, one has to practice discipline for a stable and worthy life. If you give in to temptations and overeat yourself, the stomach will revolt. If you watch TV throughout the night, you will get sick the next day. If you do not restrain yourself from music and story-books before the examinations, you are sure to fare ill. In fact, life best enjoyed if discipline maintained. Nothing can properly enjoy, not even a game of cricket or a musical concert if indiscipline is allowed to invade it. We should all try to maintain discipline in our lives. Conclusion Self-discipline is a good thing. It develops strength and unity. It creates a sense of co-operation. So Self-Discipline must be taught from the very childhood. It is the key to success in life. The higher is the sense of Self-Discipline, the better it is for the people and the country. I love helping Aspirants. You may join me on Facebook Related Post.

## Chapter 5 : Self Discipline Benefits and Importance

*Importance of Discipline in Student life Without any doubt, when we discipline ourselves during our student life at an early stage, we also gain perspective on our studies. So rather than letting them all overwhelm us, we can actually so thoroughly enjoy them without any stress.*

Importance of Discipline 2: Importance of Discipline in Student life We all know good discipline is essential in order for making sure that we in fact actually complete all of our study assignments. If we miss one deadline, then everything can just pile up on leaving it for later and it is harder obviously to meet the next deadline then. So, it is very crucial to stay disciplined right actually from the start of our studies, and so it is easier to also stay disciplined later on then and easy to manage too. Importance of Discipline 3: Setting a good example to others. Importance of Discipline in Student life If we really practice discipline in our student life, we encourage other students to be disciplined as well. Our discipline is also especially compelling to others too when they see what really a positive impact it has on our grades and then also on our personal life as well so discipline is necessary. Importance of Discipline 4: We all know that learning to be disciplined in fact whilst we are the students gives us a true skill that we can later also put in use for life. So discipline is also so useful in the workplace and also in family life. In fact, then we can use it also whenever we, in fact, need to, and once we have acquired this skill! Importance of Discipline 5: Importance of Discipline in Student life When we put efforts to stay disciplined, then it is also easier to stay in control of all our studies and also of our personal lives as well then. Right, so this means that our school and university days are also likely to be much less stressful because of discipline. We will also then have time for our studies, our friendships, our priorities and for some relaxation too obviously. Importance of Discipline 6: Importance of Discipline in Student life It is common to say that disciplined students actually tend to get much better grades, and also to get more benefit actually from their classes as well. So there is no doubt about it that being disciplined is the main route to all the success that we wish of at school and also at university! After all, getting good grades for everyone is a very good idea if we really want to have an impressive CV and also to make ourselves look attractive to employers while getting a job.

## Chapter 6 : words essay on Students and Discipline

*Discipline is an important virtue. Life without discipline is just like a ship without a rudder. It is necessary for expressing other virtues. It is absolutely essential for success in life. Discipline refers to orderliness in life which results from our adherence to certain code of conduct prepared.*

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### Chapter 7 : Importance of discipline in school life - KLIENT SOLUTECH

*Discipline is the first thing in our life which is so important for us. and discipline in student life is the golden period of our life Because in this age we can learn so many good things which are become very helpful in the future life.*

Vijay Sharma July 27, 8 Comments Discipline in school life is very important for students. Without learning and the following discipline in school life can cost students later in their career. Discipline is self-improvement practice. It is what helps us all to achieve our goals in life. See a successful business owner, a popular leader and you will find that are well disciplined. Disciplined founders and leaders have higher business intelligence and strong analytical skills. Because they practiced their business growth strategies consistently and with focus. For example, you have goals and dreams. You want to achieve them. Students need constant guidance and supervision from his teachers otherwise, he can go towards the wrong path. Using an analogy to explain this, we can say that a school is like a canal that a farmer builds for irrigating his fields. There is a purpose behind building a canal. Its purpose is to connect two water sources and provide nourishment to villages so that crops can grow. Likewise, there is a purpose of building a school. This is where discipline comes into the picture. The nature of water is to flow where gravity takes it. If there is no canal to give it a fixed path, it will disperse everywhere. It becomes useless for the farmer because his fields are still dry. Building a canal and maintaining discipline in schools is not an easy task. The water in the canal and the students in the schools will resist any attempts to control or regulate them. The water will try to seep through the canal if there are cracks in it or it will try to flow over the wall if they are not high enough. Similarly, the students will try to escape the rules and regulations if discipline is not maintained or enforced strictly. If their mind is not occupied by their teachers in learning activities, it will wander into bad activities. They might even wonder themselves outside class if there is no teacher to watch them. But it takes a lot of hard work to build a strong canal that keeps the water flowing properly. Importance of communication skills for students To sum it up, we can say that students are like water and discipline in schools is like the walls of a canal. The water if flow well if the walls of the canal are strong and the students will do better in life if the discipline in their schools is strict. When students water are aligned to the purpose then the future of the country will be great.

## Chapter 8 : Self-discipline | Importance and value of the Self-discipline in life | Essay

*Discipline is important because it allows people to be successful, free and have some amount of power and control in their own lives. Discipline also allows people to abide by rules and regulations in society. Whether it's at home, at school or at work, discipline plays an important role in many.*

Without discipline one cannot live a happy life. It is the act of living life following some rules and regulations. Discipline is everything which we do in the right way in right time. Discipline is necessary to progress as a human being with character, morals, and choice of actions because the discipline helps a man to reach its goals and discipline is definitely a key to success. What is discipline in student life? Discipline means keeping control of ourselves so that we can achieve our goals. Student life is that period of time in which we are studying, whether at school or at university. Discipline in student life thus means keeping good control over our actions so that we can progress as well as possible in our studies. Benefits of discipline in student life. Motivating towards Better Results: If we do follow disciplined, it is difficult to stay motivated in the studies too. It is important to remind ourselves each and everyday what we are really working for and why. Writing down our study goals on a paper and if truly what we want to achieve in life is an excellent way actually to keep oneself motivated and to see how close we are coming to achieving those goals with each day by day. This is one of the primary reasons why our teachers and elders always advise us to have a disciplined study routine and to study every day. Managing Time in Better Way: Good discipline is essential to making sure that we complete all of our study assignments. A student without discipline will crumble under the workload and become stressed easily. A disciplined student can multitask with ease and perform well even under intense pressure situations and bring out the best in himself. Setting a good example to others: If we practice discipline in our student life, we encourage other students to be disciplined as well. Our discipline is especially compelling to others when they see what a positive impact it has on our grades and on our personal life as well.

**Chapter 9 : Essay on importance of discipline in students life**

*A Speech for School Children on the Importance of Discipline in Life No one has become successful and maintained it without discipline. Talent, opportunity, passion, ambition, hard work and perseverance all have their contribution to make to success.*

Discipline is not limited to money, riches or by poverty but it is just a personal orientation towards life. It is a habit and not an adaptation in life. So one can practice discipline for better life. Many successful people attribute their success to discipline. For them more than knowledge, communication or skill, discipline played a key role in their way to success. Discipline in life has many virtues like being focused, staying healthy and also avoiding problems. As per the current life style and social trends, discipline techniques seems to be one of the essential life skills. Discipline is one of the factor by which people judge others. Those highly talented and hard working people cannot be successful if they are not disciplined. Discipline extends to personal life, career, work, study, life style and even social life. So it is good to inculcate student discipline in schools. This school discipline can help children habituate it and can be carried on for life. Why is Discipline Important Being disciplined is a way to gain many advantages and benefits in life. Discipline helps one to be 1. Being disciplined helps one stay focused towards his work, activities or goals. A person with strong goals are more focused and keep up to work in time in everyday life. If not he cannot complete his work in time and also be undisciplined. Discipline helps command respect from others. Many struggle to gain respect from others in the workplace. But the easiest way to get respect is to be disciplined. People around and also the sub-ordinates respect a person who is disciplined. The reasons are Firstly it is tough to be disciplined for any one. And if you are one, then you have respect from others for that ability. If you are an employee, due to discipline you tend to complete work in time, be in work place at time etc. This helps you win respect from your boss or employer. In studies being disciplined helps you complete you exam preparation, homework in time and helps you gain highest score. This wins you respect from your colleagues. If you are a boss or leader of group etc. In turn they tend to be disciplined and helps to complete your goals and reach higher levels. There are chances that seeing your self discipline others might consider you as a role model. Disciplined life includes regular habits like taking food, medicine if any , having bath, exercise, walking and sleeping at right time. Exercise and other regular habits will tune the body and mind so well that always the person remains healthy. Even in case of chronic disease taking medicines at regular time helps get well soon. Read the importance of food for life. Discipline is a way of positive outlook to life. There is an enthusiasm and self confidence from within. So it keeps one active and not lazy instead. Also due to disciplined habits like having food, sleep and exercise regularly, they stay active whole of the day. He is careful in his use of words while talking, his behavior etc. This way he also build good relations with people. Discipline in education is very important for better education. Education is incomplete without learning discipline. Classroom discipline helps students to listen to teachings well and also cover the entire syllabus. While coming to school in time helps them awake early, attend nature calls, have bath and breakfast in time. Hence discipline in schools helps students to stay healthy which is good for growth of both body and mind. Being disciplined helps get things done faster and in right time. Though some things happen late due to other factors, still one with discipline gets them done faster than others due to his self discipline like being on time. So this leads to peace of mind and keeps one happier. Consider yourself in a situation when one of your family member asked you to go out at an evening. If you are disciplined, you complete your work in time and try to give your time for them. This is a common or routine issue in many families. So try to stay disciplined. It helps you to keep your family and friends happy as you can give them extra time. Have more time in a day: A disciplined person have more time in a day than an undisciplined person. So more time means there is more chance to do extra works or other pending works. We can overcome procrastination and laziness in work. Stay stress or tension free: One has tension during competitive exams or daily routine work. This is an internal anxiety or unknown fear about the outcome of the work. Staying disciplined helps one study well in advance and not just before exams so he remains tension free. If it is a work place, due to discipline the work is planned well and executed in time so there is no stress.

Parents need to habituate self discipline techniques in children. For this they can take help of schools which inculcate high discipline.