



## Things to Ponder

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## Discipline: The Key to Success

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*By Judi Moreo*

On the days when we are feeling as though nothing is happening in our lives and that we are going nowhere, we must remember that discipline is the key to success. We must discipline our minds to focus forward on where we want to go and not dwell on where we are at the moment; we must discipline ourselves to talk positively and successfully and not complain about what's not happening and who's not doing what. Discipline is self control.

Think of anyone you know who has achieved their goals. They have had to discipline themselves. Liberace had to practice every day to become a great pianist. Kristi Alley had to discipline herself to lose weight. Nelson Mandela had to stay focused on his vision of a future for 27 years of imprisonment in order to bring a nation to freedom. He had to discipline his thoughts throughout that time.

If you want to be a success at anything, you must discipline yourself to focus on your goal and work toward it every day.

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