



## DISCIPLINED TIME

Everyone wants to enjoy life. Everyone wants to have meaning, and to be able to afford the good things in life. To acquire this freedom, we must invest our time wisely. We must invest this scarce commodity into behaviours that serve our long-term growth. How do we start to do this? How do we change our mentality to keep our eyes on the prize, and not on every stone on the road that trips us along the way?

There are many hurdles in life and we cannot aim to influence all the external factors in our lives; we can, however, aim to influence our internal factors. We must learn discipline in many forms to get ahead in life. For this consider:

- (1) Goals are always critical, but so many of us make the mistake of *confusing activity with meaning*. We keep ourselves busy but we miss the important link between our activities and our long-term objectives. Are our activities contributing towards this growth? Are our activities just filling our days, or are they just small stepping stones to what we really aim to become?

These are questions that require tremendous self-reflection. The difficulty of each task will become irrelevant when we can understand how each fits into the bigger picture. Otherwise we end up micromanaging our lives, and we really don't get anywhere. Life becomes a chore, handling all of the nay-sayers in life and all of the inherent difficulties. We need to keep our eye on the prize.

- (2) Another area that we must exercise discipline is the need for *perfectionism*. When perfection comes at the cost of moving ahead, we need to reassess our actions. Striving for quality, and setting high standards for yourself is always attractive, but it cannot come at the cost of movement. We need to progress. We need to not be obsessive about every single detail; we need to sometimes let go. Hard work always pays off, but do not confuse perfectionism as the standard for hard work. Progress is the yardstick through which hard work should be defined.

Work hard in life, and learn to manage your time well into activities that serve your long-term goals. Hold onto discipline and the sky's the limit!