

# Confidence Plus Discipline Equals Freedom

September 27, 2017 | 16 upvotes | by [torero5](#)

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## Comments

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BaconMeTimbers • 1 point • 27 September, 2017 03:26 PM

Sounds redundant to me. Discipline breeds confidence, so discipline is all you need. If you're afraid of something like it's mentioned in the article, you need the discipline to push yourself into doing it anyway.

Which is exactly what discipline is: doing something even when you don't want to.

Discipline = Freedom , no need to make it more complicated than that