

How to cultivate a sense of discipline that isn't based on motivation?

10 upvotes | 30 August, 2019 | by ArnoldT1000

The only time I was truly disciplined in my life was when it had a significant (but unhealthy) source of motivation behind it, which has since faded and I have not seen that same drive and consistency since. How do you act disciplined in daily life consistently for a long period of time without needing external motivation?

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Comments

Vouch33r • 23 points • 30 August, 2019 05:18 AM

He who has a WHY can survive almost any HOW. ~Friedrich Nietzsche, emphasis mine

ArnoldT1000 • 8 points • 30 August, 2019 05:24 AM

I need to find my why. Thanks.

beefthathasredmiddle • 7 points • 30 August, 2019 04:50 AM

Well first off, if it's motivation, it isn't discipline.

You have to condition yourself to make decisions that don't pay off right away. Force yourself consistently.

Having a mental is a great way, yet to expensive way to keep yourself motivate long enough to build productive habits.

Keep yourself organized and use a calendar and reminders.

What happens if I don't do X?

Gotta stat oriented on the goal, and find satisfaction inching towards it.

ArnoldT1000 • 1 point • 30 August, 2019 04:56 AM

So basically make delayed gratification a habit so it comes naturally.

SergiuIlescu • 6 points • 30 August, 2019 09:42 AM

More importantly, remove instant-gratification habits from your life or minimize them as much as possible

2nd - start meditating, start questioning yourself, you gotta find your why, start pondering before doing something (how will this help me now or in the long run, should I be doing this or I have other priorities I should address them first?)

3rd - try to work in short bursts and commit yourself 100% to it, don't let ANYTHING distract you when you're focused that way you build focus, for example pomodor technique is great

4th - mid-term, long term goals are the absolute best for delayed gratification, patience is a virtue my man and it is so important to live by this mantra

Don't give in to cheap instant gratification, always keep grinding

frontiermarine • 3 points • 30 August, 2019 07:03 AM

Motivation is never reliable, if you want to stick to good habits you make them as easy as possible e.g want to read more books? read only 1 page a day and have them right next to your bed, and for bad habits you make them difficult to do e.g want to quit gaming? after every session put away your console at a hard to reach place in your house.

You should read 'atomic habit's by James Clear ASAP, great book on how to easily build discipline and break bad habits.

ArnoldT1000 • 2 points • 30 August, 2019 02:07 PM

Thanks, I'll check it out

noobish_senpai • 2 points • 30 August, 2019 10:54 AM

Motivation is what gets you started, habits are what keeps you going. Develop a habit out of things.

[deleted] • 2 points • 30 August, 2019 12:24 PM

The whole "you don't want motivation, you want discipline" sounds good but is ultimately a crock of shit.

What you really want is internal motivation instead of external motivation, and you create that through meaning.

W_O_M_B_A_T • 2 points • 30 August, 2019 04:08 PM

Read the book "Switch" by Chip and Dan Heath.

Write down a simple daily routine including exercise, and then stick to it. Then reward yourself for sticking to it at the end of the week.

Egoistic notions like "Willpower" or "motivation" are irrelevant. What you need is a simple plan.

Note that the subconscious does most of the heavy lifting of decision making. What it likes the most is to take the path that is most routine to it. This is why people don't have a problem showing up to work in the morning, day in, day out, even if they absolutely despise their jobs.

Otherwise driving while jamming to your favorite song, would be suicidal. But the subconscious doesn't usually have a problem taking actions the ego isn't paying attention to.

MrBowlfish • 1 point • 30 August, 2019 04:39 AM

You'll make big changes when you are truly sick and tired of your current situation. Often, failing several times comes first.

ArnoldT1000 • 1 point • 30 August, 2019 04:41 AM

How do you make that motivation last is my question. I'm sick of my lifestyle, but not sick of it enough that I stay consistent for more than a short period of time. I'm too comfortable where I am basically, but I'm not sure how to push myself out of it.

MrBowlfish • 1 point • 30 August, 2019 04:46 AM

You don't want it bad enough....yet.

ArnoldT1000 • 3 points • 30 August, 2019 04:47 AM

That's what I just wrote...

Schwing • 1 point • 30 August, 2019 04:47 AM

Very broad question. What do you want to achieve?

If it's getting fit, then make sure you workout day on day out until it feels weird if you miss a session.

ArnoldT1000 • 1 point • 30 August, 2019 04:49 AM

Been lifting for 2.5 years.

For example, I want to quit porn and weed, but they aren't so bad for me that this motivation lasts when I'm actually presented with them.

I'm doing fine, but I want to do better.

SergiuIulescu • 5 points • 30 August, 2019 09:44 AM

Quitting porn - Get some plates to fuck when you're horny, porn is instant gratification and there's nothing sadder than jerking off to a damn screen, want to jerk off? Go do it in the bathroom and just imagine how you'd want to fuck some chick you like

Weed - Do you smoke with tobacco or from bong? Smoke is cancerinogen, be it weed, tobaco, hash, you have to be mindful that your actions now have consequences in later stages of your life

Schhwing • 1 point • 30 August, 2019 05:32 AM

Sounds like you need to find what motivates you internally and do that. It's called intrinsic vs extrinsic motivation.

Jesusfeminist • 1 point • 30 August, 2019 08:31 AM

Start small. Only jerk off every other day, then every 3 days nd so on

TBtgoat • 1 point • 30 August, 2019 07:41 AM

Something that I often tell myself is to help myself. I constantly think about how I can do favors for my future self. Little things. Over time, your future self will thank yourself. You'll see that it was truly worth it. That the benefit outweighs the cost. You won't do what's easy, you do what's necessary.

[deleted] • 1 point • 30 August, 2019 08:11 AM

Habits

Jesusfeminist • 1 point • 30 August, 2019 08:30 AM

Start small

Startlivingfornow • 1 point • 30 August, 2019 11:15 AM

Develop systems where accountability is a factor.

If you need to make \$5000 to feed your child vs \$5000 for some extra pocket change, that's a different level of emotional accountability.

The other way is to fight against the resistance until you form a habit (30 days of consistency). One you develop a habit, it's harder not to do something.

Example, gyming 5 days a week for 3 months is actually easier than gyming 5 days a week for 4 weeks. It feels odd not to do it after a while.