

How do I discipline myself more?

January 3, 2017 | 3 upvotes | by [roseillus](#)

I find that I work hard when I'm pressured/on a very tight deadline. When I'm not though, I find myself slacking and not doing as much work as I should. How can I fix this?

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Comments

chiefbl • 3 points • 4 January, 2017 02:21 AM

You're just an average Joe who likes to procrastinate. First identify the problem, which you have, and then find a solution. Rather than spending all the 'fun' and free time in one go in the beginning, why don't you delegate it evenly amongst the days? Work and play *everyday*. Not play play play then work the last day. How to be more discipline... You just have to want success more. You only want it a little right now.

There's two type of pain in this world. You have to suffer either one. The pain of **discipline** or the pain of regret and disappointment.

Choose your poison

roseillus[S] • 1 point • 4 January, 2017 03:49 AM

Good point, thanks.

awayofthought • 1 point • 4 January, 2017 04:32 AM

Also: realize that NO ONE will fix your life for you. No one gives a fuck about you. You need to pull yourself up by the bootstraps to make something of yourself.

Good luck.

PragmaticRedTruth • points • 4 January, 2017 02:30 AM **[recovered]**

Here I wrote this guide a few months ago.

roseillus[S] • 1 point • 4 January, 2017 03:49 AM

Thanks!

cardprince • 1 point • 3 January, 2017 10:56 PM

Cold showers, make your bed in the morning, spend time at the gym regularly. Establish a routine in everyday type tasks and the rest should fall into line. Lists help too. Set aside time when you can go out and relax worry free with no interference.

Also consider that maybe the things you're putting off aren't really that important to you.

roseillus[S] • 1 point • 4 January, 2017 03:49 AM

Will make a list.

HannibalTheCommander • points • 4 January, 2017 03:03 AM **[recovered]**

Have you tried the rubber band method?

Just wear one around your wrist and smack yourself every time you get an urge to do something or are catching yourself doing something against your goal. The purpose of this is to ritually remind yourself of your goal and program yourself accordingly.

Been doing this for kicking my habit of shitty food and it has been working great.

Remember the point isn't about punishing or hurting yourself, it's simply a tool to reprogram yourself by habit - I.e snapping out of the urge.

roseillus[S] • 1 point • 4 January, 2017 03:49 AM

I haven't no, but it's an interesting thing to try.