

**BAD HABITS**



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**SELF-DISCIPLINE**

**A Life-Changing Evaluation  
of the Conflict that defines Us**

**Aguchibe Kingsley**

# Bad Habits vs. Self-Discipline

A Life-Changing Evaluation of the Conflict that Defines Us

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# Introduction

Hello! Can you hear me? I guess you can because right here, I could see a sweet text written in green on my display. The text says: “Connected successfully”. That means we can communicate with each other on a secure connection. Perfect!

Before we move on, I would love to ask you for a favour though. Please, do not break the connection. And again, keep the connection stable. Else – well, I’m sure you would not want to see how distorted my face would be when I see “Disconnected” on my display. The most saddening part is that it would be written in red!

And, when that happens, it is a sign that I am officially crazy. Yeah. Sitting in an empty room and talking to nobody is a sign of craziness. Please do not let that happen to me.

Anyway, with the hope that the connection is still stable, let us move on to the main thing. Before we begin, let me introduce myself. My name is Kingsley. What is yours? Oh! The communication channel is unidirectional. It is very unfortunate that I cannot hear you. But I hope you don’t mind if I just call you “Friend”.

All right Friend, here is how we are going to do it. First, we are going to talk about **habits**. This is going to be a very interesting part because I have some secrets to share with you. The crazy habits I’ve had to deal with in the past. I trust you are going to enjoy it.

Please do not tell anyone about these secrets though. I trust you are going to maintain the confidentiality of our session. For the fact that you are still here with me, and our connection is still stable, you have earned my trust already.

Moving on after the fun time talking about habits, we'd go over **self-discipline**. There is a lot of information in this part. So, look forward to it. After this, we would **discuss the conflict between habit and self-discipline**. You will be surprised how the conflict had been limiting us in life.

And then we will finally go over the things we need to do in order to change our lives based on the information we've got so far. You, me and everybody else want to live a good and happy life right? So, sit back, learn and enjoy. And good luck to you, Friend!

# CHAPTER ONE

**Habit: It is actually deeper than we usually think.**

Okay, Friend. I hope you can still hear me. That is great! Now, let us have some fun learning about habit. According to Wikipedia, a trusted source, 'a habit is a routine of behaviour that is repeated regularly and tends to occur subconsciously'.

The part that interests me is this; you do something regularly, and sometimes you would not even notice that you are doing it. Subconsciousness – one of the reasons why some bad habits are hard to break.

Now you can see where this is going. Can't you? Oh no. You cannot. No problems anyway. Everything is going to be clearer soon.

Habits have two sides. I bet you can guess this one already. We have good habits and the bad ones. One thing that baffles me is why, why is it so easy to acquire bad habits and so much hard to acquire some good ones? Does that baffle you too? No? Wow!

Recently, I found the answer to that question. Since it does not baffle you, let's keep moving. What if it does? Do not worry. We are going to go over that anyway. Though not now.

You know, I wish our communication channel is bi-directional. I would ask you some of the bad habits you've had and the problems they have got you into. And then I would be expecting some funny answers.

Since you cannot tell me, let me share some of mine with you. I hope you do remember our agreement – confidentiality? Awesome!

Back then at high school, I do not know how I acquired this habit. My guess was maybe because I always wanted to feel like a big boy. Being among the group of the smallest students was not always something I was proud of. I do not think anyone should be proud of this either.

So, there came the habit. Whenever I talked to people, I would put one hand in my pocket (that is if I had one) and use the other hand to caress my chin. I would have said beard instead of the chin but I do not think I'd got beard back then.

Did you see that? Did you see how crazy that was? This habit of mine could not even allow me to distinguish elders from my mates. I would do this to almost everyone - almost everyone except my parents.

And why was that? Are you asking me? Well, I was about to ask you the same question. So this "habit driver" could recognize my parents but not my teachers and some other elderly people? Hmm, this is interesting.

Did I just say that this is interesting? It was not o. Though, it might be interesting now, it wasn't for me back then. This is because one day I was embarrassed or rather humiliated by my teacher. He was trying to advise me though.

This is how it went. I came late to class one day and the teacher started asking me questions –trying to know why I was late. Can you guess what happened next? Well, the next part of it was that, as I was trying to answer his question, the "habit driver" took over.

My teacher stopped me. He said something like this, “Please hold it right there!” All the students were startled. He then asked me; “Why are you talking to me like that?” I was still wandering in surprise when he started giving me the rather humiliating advice.

He told me that anyone that does as I did shows a lack of confidence and respect. Though I don’t know about the “confidence” part, I do know for sure that my attitude showed a lack of respect. He advised me not to do it again. He was the first person to talk to me about that bad habit of mine. Does that mean that other people had not noticed it? Maybe they had noticed it but they just did not care at all.

Friend, I believe we are still rolling. You are still with me, right? Nice. This is not the nicest story you could hear about bad habits. But, I believe you get the idea of how bad habits could make us lose lots of good things in life. The worst part of it is that we sometimes do not even notice that we are doing something that is not pleasant enough.

If a friend or anybody else advises you on a certain habit, you should thank the person very much. Trust me. Not everybody cares. And the people that would notice that habit of ours could be the people that have the potential to change our lives. It could be recruiters, it could be employers, and it could be just anybody. So this calls for the need for us to try as hard as we can to stop bad habits and develop good ones. Breaking some bad habit is harder than developing that same habit. Why? We will get to these questions later on.

Long ago, a lecturer told us (the students) how a lady missed a job opportunity because of her habit. The lecturer told us that while they were interviewing the lady, the lady would shift her shape. How is this even possible? Well, if you



have noticed, some people have very flexible legs. So this lady missed her opportunity because her legs are flexible? It sounds like it.

The final outcome of the whole thing was that the interviewers decided not to employ the lady. They would not want a situation where you'd be talking to someone, and then, bam! Your attention would shift from looking into the person's eyes to looking at her legs. This is distracting. Is it not?

You get the idea. Some habits could be so dangerous to our progress as humans. And again, some habits could also make us progress in life. Now you see where the whole thing is going.

There are habits that only require you to be aware of them in order for you to stop them. These habits include picking the nose, picking pimples from the face, biting fingernails, picking hairs (especially beard) etc. And there are others that even if you have noticed them, it will still be so hard for you to stop them.

Let me tell you another secret. When I was younger, I used to pick pimples from my face. Imagine. It is wired to pick something from your face (whatever it may be), and then, bring that thing close to your eyes for inspection. That was what I used to do, in public!

I kept on talking about what happened in the past. What about now? Well, I have some really bad habits that I'm still working on to break. One of them is this; whenever I have a problem, for example, a bug in my code or some mathematics problem, I would talk to myself while trying to solve the problem in my head. I do this in public too. This is not too bad though. The only negative side of it is that when people notice me talking alone, they would say; "This guy is crazy." Just like what would happen to me if you break our connection.

I have a friend that picks hairs from his beard. When you ask him, “Hey man, what are you doing?” His response is something that looks like this; “Please don’t mind me.” And he’d continue doing what he is doing. You see? He could not help himself. These show how deep habits could be. In order for us to understand it very well, we need to be very good in psychology. And psychology uses living beings (including humans) as “specimens”. So, the job is left to you. I am very sorry to say this, but you should use yourself as a “specimen”. Experiment to see what works and what does not. But I have some tips to share with you on how to stop bad habits permanently and how to build new good ones. Just hang on. We will get through this soon enough. Friend, I hope you understand? Impressive! Anyway, thank you, for still sticking with me. I really appreciate.

Since we’re still cool, I guess it is enough of me talking about myself and the people I know. It is now your turn. **What are your bad habits?** Don’t tell me you do not have one. Even if you do not have one, you probably know of a friend or anybody that does, Right? Cool.

**How can you stop bad habits permanently?** Anything that works for you is the answer to this question. But you should know this though; sometimes what we take to be a solution to a problem is just meant to delay the inevitable. You do not understand. Do you? Let us keep going.

**How can you build new good habits?** Remember that it is harder to build some new good habits than to build some new bad ones. **Why is that?**

Okay. My face is not distorted yet. This is a sign that you are still with me. Sweet! Now let us move on and talk about Self-Discipline. Are you ready? All right, let’s go!

## CHAPTER TWO

### **Facts about self-discipline that could actually change your life**

Self-discipline, you probably know what it is already. Don't you? We're still going to talk about it anyway. There are things you will learn from this. Believe me.

Self-discipline can be seen as a control of oneself or willpower, control over one's feelings and desires. The major aim of disciplining yourself is to improve. If you are strict, restrictive or harsh to yourself, it doesn't mean you have self-discipline. **If you can stick to your decisions and follow them through, it means you have self-discipline.** You may know the amazing benefits of self-discipline, but if you work towards improving your self-discipline, it means you have self-discipline. That sounds somehow, right? Haha! Don't mind me.

Knowing the importance of self-discipline is going to help us through the hard and boring process of building it. No! I shouldn't have said that. The process of building self-discipline is neither hard nor boring. It's a lifestyle. And just like every other lifestyle, we should enjoy it. Agree?

There is something I need to ask you. Are you like me? I asked this question because sometimes I wonder where my time went. I would wake up in the morning and before I know it, it is already 10: PM. Does this happen to you too? No again? Since I'm the only victim of this horrible situation I figured it will be nice for me to tell you that the solution to this problem is self-discipline. With it, we can get more things done instead of letting our precious 24 hour

time disappear like a fart in the air. Time is precious. Just wish to remind you again.

Self-discipline brings a healthy and happy life. It makes us successful in life. It is hard if not impossible to find a successful person without self-discipline. If you keep on eating junk foods, you are not going to lose that extra pound. If you don't work out, you are not going to gain muscles and/or be fit physically. If you don't study, well, you already know how your results would look like – unless of course, you take the other route. You get it. Self-discipline, its importance cannot be overemphasized.

Without self-discipline, we let our lives to be controlled by other things. These other things may include emotions, laziness, procrastination, bad habits, temptation, other people etc. Nobody wants their life to be controlled by something else. Or do you? Self-discipline plays a very important role in leading you to your best future.

Those are the very few of the importance of self-discipline. Now that you've known this, adding it to the knowledge you already have, you can see why it is very important to build self-discipline. But the question that raises dust is how.

### **How do we build self-discipline?**

Friend! Are you still with me? If the answer is yes, which I believe it is, then I wish to let you know that you should hold on tight because it is getting tougher. If you're really flowing with me then you should remember the part that I mistakenly said that the process of building self-discipline is hard and boring. You remember? Nice! Here is why I said it. This should help us in understanding how to actually build self-discipline.

Self-discipline comes with a lot of things. For us to start practicing it we need to sacrifice a lot of things. Okay, first let us talk about the decision. There is this quote that I like so much. **“The decisions we make and the actions that follow define who we are”** A disciplined life is about making the right decisions – decisions that consider both the long and short-term rewards of our actions. To better understand this, we need to talk about dopamine. Dopamine is more of anticipation of rewards. It is what prompts us to take certain actions in anticipation for a certain reward. The brain’s decision in releasing the dopamine to a certain part of the brain is affected by how pleasurable the reward is and how much time it takes to get that reward.

Though, this may not make sense to you, I tried to make it as simple as possible. The activity of dopamine, in addition to certain other factors like environment, genes, hormones, the context of the situation etc, help to direct our decisions. If all these factors could affect our decisions, can you now see why I made the mistake of saying that the process of building self-discipline is hard? **How about using self-discipline as a tool for fighting bad habits?** Let us not rush things. We will get to that soon enough.

Now is the right time to talk about how to build/develop self-discipline. Again, correcting my previous mistake, building self-discipline is not hard. We just need to weigh the future reward of our action. Most of the time, **the pain of being lazy is much more than the pain of rather taking actions.** Everybody can build self-discipline. It’s a lifestyle. So, enjoy doing it by all means possible.

The first process of building self-discipline: **Start Small.** It takes time. And we should not by any means, rush it. This is a common knowledge and I believe it does not need much emphasis.

The second is: **Continuous Practice**. The importance of continuous practice in mastering anything cannot be stressed out enough. Okay, let me give you an analogy that could help you relate to this.

Let us assume that you love to eat fish. And then one day, you're patrolling the street and bam! You see a signboard that says "Fishpond. Take as many fishes as you can". Wow! Merry Christmas, you've earned this. Now what are you going to do? My guess is that you're going to stop and take a look at the pond and the fishes, right? But there is a little problem though. You hate getting wet. You would not want the water to touch you but you'd like to get as many fishes as possible. What are you going to do next? To help you answer this question, I would want you to think about two things. One is the immediate dissatisfaction of you getting wet. Oh no! You just got your clothes wet! And the second is the future satisfaction you would get when you relax to enjoy the fish. Hmmm! That tasty sauce of the fish, yummy!

The decision is yours to make not mine. With this somewhat dump analogy of mine, I believe you get the idea. You've known some of the importance of self-discipline, you know that for us to succeed in life that we need self-discipline. If you've known all these, it is left for you to decide whether to start improving your self-discipline or not. Just like the fish analogy, the choice is yours. But if I am in your slippers, sorry, your shoes, I would start building self-discipline – taking it little by little until it really becomes my lifestyle. You're the boss here. Your life, your decisions, your actions, your everything – just own them and don't ever let anybody or any emotion take control of them for you. I hope you understand.

Oh! We are still talking about how to build self-discipline. I almost forgot. Don't mind me.

The third one is: **Keep Improving**. Remember that these are very easy things to do. **Start small, continue practicing** and **keep improving**. Simple! The “Keep Improving” part is nothing else apart from keeping on challenging yourself incrementally. You remember that part I said that you should use yourself as a “specimen”? Well, that also applies here.

There are other tips that could help our cause. Here are they:

- **Build a reward/consequence mechanism:** Our brains recognize rewards – the concept of dopamine. You could decide to give yourself a certain reward when you perform a certain action, or rather punish yourself, depending on what your goals are.
- **Make it easier on yourself:** I told us earlier that being strict, restrictive, or harsh on ourselves is not discipline.
- **Grow to love the process:** Don't do it because you love doing it. Do it because it's worth doing. If you're waiting to do the things you love doing, I bet you're not going to achieve much. As humans with all those cool and not so cool desires, there are certain things that are worth doing but you may not enjoy doing them.

Self-discipline helps us endure tough and not so enjoyable times. It is, therefore, necessary that everybody starts building/improving their self-discipline. One of the most important take away from this is that a disciplined life is so much worth it. And a non-disciplined life is enjoyable too. Why? This is because you don't get to make all those tough decisions by yourself. They would be made for you by some factors such as the environment, emotions, habits, laziness, procrastination, your fellow humans etc. You see? You just

need to relax and enjoy, of course only if you haven't been killed by the emotional pain of regrets and self-hatred. The term I give this kind of life is, "**The Zombie Life**". Therefore, you've got to choose. Choose the kind of life you wish to lead - **the zombie life** or a **disciplined life**. The choice is all yours, Friend.

Okay, Friend. That is all to it about self-discipline. I hope you enjoyed the session, so did I. It's fun time again. We are going to have some fun talking about **the conflict between habit and self-discipline**. You're going to enjoy it. If you are as excited as I am, then let's get to it!



## CHAPTER THREE

### **The conflict between habits and self-discipline**

Before you go to bed, you decided that you would go for workout in the morning, either by going to the gym or by running across the street. This decision of yours may be due to the fact that you've got some extra flesh right above your waist and you don't know its use (useless piece of flesh!). Or, maybe you just wish to get fit both physically and mentally. But then, in the morning, you got tricked. You managed to let yourself be convinced that there's nothing more enjoyable and more rewarding than the sweetness of your sweet bed. Maybe there's a little cold, the "convincer" would tell you something that sounds like this; "Oh dear, there is cold, and you know you didn't get to bed early enough. Just enjoy your sleep this morning, and then get some workout tomorrow." You accepted, again? The same thing might happen again that same tomorrow. When is the tomorrow going to end?

Emotions have tricked you. Even though you know logically that you should keep to your previous decision of having some workout. But instead, you lay back and turned the snore volume to its highest – only if you snore, no offence, please. You get the point - the conflict. The only thing I can say to you right now is; Welcome to my world.

How about our academic life? The same thing goes. Maybe before the beginning of a new semester, school session or term, you decided that you are going to study harder. You decided this maybe because you always use crying emoticon to describe the status of your results. But then, when you're finally in school, you get convinced that you're being harsh and/or strict on yourself.

Lots of awesome friends to hang out with, lots of amazing things to enjoy, lots of crazy things to do with crazy friends, and you're just going to sit in a quiet place with few students in the name of "studying"? Oh no! I'm not going to do that. I'm going to enjoy myself a little and then get to work soon enough. Get to work soon enough? Hmm! That sounds like a horror story.

Again, welcome to my world.

What about dieting – the things we eat? Again, the same thing goes. Maybe you enjoy pizza so much. You eat it almost all the time. And then, one day a friend told you, or maybe your gym coach told you, or you read it yourself, about the negative effects of too much pizza. The negative effects are saying that because of the high amount of refined carbohydrates, saturated fats and salt, too much pizza could lead to problems such as obesity, high blood pressure, high cholesterol levels, heart diseases and other health problems. What? Are they trying to tell you that pizza counts as junk foods? No way! But you enjoy it, so what are you going to do?

Being afraid of all those health problems, you decided never to eat pizza again in your life. Haha! I laughed because this sounds like another horror story. Just like New Year resolutions, you are just punishing yourself. Let me tell you something. If care is not taken, you would only remember this decision of yours when one day, you've got a piece of pizza in your hand, while humming a song and enjoying your pizza you would go like "What!!? I thought I decided not to eat pizza again? Anyway, let me just finish this one. Next time..." Next time what? You know the lies you tell yourself.

Do you think that the "convincer" would allow you to keep this decision of yours? If you could keep to your words, then know that you're a very strong

person. But if you could not, then, what shall I say to you except, well, welcome to my world.

One more time, this conflict is also present in our effort to lead a better life. Let's say you stumbled upon a self-development video on YouTube, you got motivated and inspired to the extent that you decided to change your life for good. You wish to live a better life. You wish to be successful and in the video you just watched, successful people have told you what they did to get to where they are today. Wow! Is this how easy life could be? Just a simple routine to follow and before you could know it, you're included in the list of successful people. Awesome! What am I waiting for? I'm just going to do these things and change my life for good. List my tomorrow's goals before I go to bed, wake up early enough to exercise/workout, execute the list of goals I've already made, put everything on repeat, everyday. Simple enough right? Okay, Friend, I'm so sorry for repeating myself but this sounds like another horror story, seriously.

Don't get me wrong. I'm not saying that you can't change your life by just watching motivational/inspirational contents. What I'm saying is that maybe you take it to be easy enough that you failed to start small. I believe you understand me now. I'm not going to tell you 'welcome to my world' this time. I'm going to thank you for understanding me. Thank you, Friend.

If you take a look around you now, you would see, in a clearer vision the conflict. It comes in every time we try to change a habit. Do you remember that part I promised to answer some questions? Now I wish to give the answers to those questions, with the hope that we're still rolling.

In that part, I asked why it is easier to acquire bad habits than to acquire some good ones. Based on what we've learned so far, the answer to this question is somewhat obvious. Our environment and our emotions could make us develop bad or good habits. I used the word "some" because there're some good habits you've got with no much effort. It could be due to the environment or some other factor.

But then, if you wish to develop a really good habit, let's say, study habit, you need to discipline yourself. Do you remember that mistake I made about self-discipline? No? You better do o.

What about bad habits? In this, you don't need to trouble yourself, just relax and let those factors make the decisions for you. That's all it takes to acquire a bad habit. I am not sure if you remember those factors, do you? In that part, we talked about **zombie life**? Congratulations. You are really enjoying our session. Thank you once again.

There was also a part that I asked why is it that stopping some bad habit is harder than developing that same habit. Again, the answer to this is obvious, according to what we've learned though. Also, I used "some" because there are some bad habits we may have broken without even noticing. It happens.

Okay. Moving on to answer that question, developing bad habits does not require much effort. Otherwise, we wouldn't have got those bad habits in the first place. But, stopping some bad habits? No way! You need some sort of discipline. You see where this is going? Everything is pointing to the conflict between habit and self-discipline. I've got another secret to share with you. It would help you relate better.

Just as easy as it is to acquire bad habits, I've got this bad habit of always wanting to chew something. Whatever thing it may be, I don't care. All I want is to keep my mouth shaking always like lizard's mouth while eating. I resolved to chew gums. But it did not help my situation because I always have a headache whenever I chew gums for too long time. I resolved to popcorn.

Better. But I've got a situation. Guess what? The habit is no longer always wanting to chew something but always wanting to eat popcorn. Can you imagine that? Almost every day, I would spend on popcorn. The worst part is that I hardly get satisfied. This went on to the extent that the lady that sells the popcorns to me saw me the other and said, "Haven't seen you around since today. "

You see that? Bad habit, now I'm trying to break it. You should congratulate me because I'm making some progress. Just like we've already learned, breaking bad habits requires effort – discipline. But then, there is the conflict. This is why we need to start small in building/improving self-discipline. We don't just wake up one day and say that we have got enough self-discipline to break a particular habit. New Year resolutions – horror stories – mission almost impossible, well, congratulations if you wish to embark on this kind of mission.

I believe you get the idea, Friend. When you start small, you're being fair to yourself and before you know it, you've already broken that bad and wired habit. But remember, the conflict is always going to be there. Have this in mind whenever you're trying to break out of a bad habit or maybe building a new good one.

All right! We're coming to the end of our session. I told you. I told you to hang on that this is going to be over soon. Now we're going to talk about how we

could use the conflict we've just discussed to change our lives. I'm pretty sure you wouldn't want to miss this one. If you've kept our connection stable all these while, thanks to you, but if not, please try and do so this time. Let's do this and then allow our devices to cool down. Shall we?

## CHAPTER FOUR

### **How to change our lives by being the moderator of the conflict**

Here we are just you and me. We are going to make it in life. We are going to live a happy and fulfilled life. We are going to be successful in life – depending on how you defined success. We know what we want. Whatever we want, we can either strive to get it or we keep letting ourselves be tricked. I've let myself be tricked for so long now. I use to procrastinate, a lot. I daydream of a successful future me, but I didn't take enough action to get there. I've figured it is time for me to take actions. I can't live with the pain of regret anymore.

You can do the same as me. You can even do more than me. Or, you can just, relaaaaax. Gift your precious time to – you know the things that suck your time from you. They enjoy it. And I'm pretty sure they always thank you for your generosity, right? I didn't call names though, but if I'm asked to, the number one on my list is social media. We get liked by thousands of people. Isn't that just cool? Now you can see the various ways they appreciate your generosity.

Don't mind those dump things I just said up there. You live your life the way you want to. You're the one to enjoy it if you live the way you wish to. And again, you're also the one to feel sorry for yourself if you live the way you don't wish to.

Where are we? Yes! How we can change our lives by being the moderator of the conflict. I don't know if you'd agree with me on this. I believe that when you break a habit, you build a new one. This means that if you break the habit of eating junk foods, you build a habit of eating good foods. And if care is not

taken – if there's not enough discipline, you could fall back to the old bad habit. The winner of the battle is the bad habit!

The point of this is that habits always find a way in most of the things we do, our daily routine. And some habits don't always require self-discipline for us to break them – the ones we don't know when we do them. But the ones that do, we just need to decide the winner. We can either let habit win or, we let discipline win. This is again pointing back to 'decision'. To live is to make decisions.

Earlier on I asked us a question on how to build a new good habit, the answer is this; it's easy. Just think about the pain and regret of not doing a task. And then, think about the joy you'd get after completing that task. I said task because what you do repeatedly will eventually become a habit. Just take everything as a micro-task. With this approach, you'd say to yourself; "Let me read one chapter now" You might even read two or more chapters depending on the flow. The saying that "Sometimes the pain of not doing it is bigger than the pain of actually doing it" holds here too. You just need to start and don't think about the whole thing – just a micro of it.

But remember, you need to be a disciplined person. With enough discipline, you break a bad habit. With enough discipline, you build a new good habit. Everything is somehow pointing to discipline.

I have one last thing to share with you about myself. I took a MOOC course on Coursera, about 'Learning How to Learn' by Barbara Oakley. The course is great. In the course, Barbara talked about how to use the Pomodoro technique to boost productivity within a short time of study session. Apart from this one, many other things about the divisions of the brain and how dopamine and the



reward/consequence mechanism help in an effective study are being taught too.

As a matter of fact, I learned a great deal from that course. But, there is something that seems like a problem though. All these things I've learned, I've never applied any of them in my study sessions in school. I know, you may be wondering why. Because... How do tell you this? Okay, let me start from here. In school, I read only to pass exams. That doesn't mean that I'm a bad/unserious student. I only start my own studies one week before exams. The funny part is that immediately after exams, I'd delete the directory where I store my study materials. By 'delete' I don't mean putting them in recycle bin, I mean, 'permanently delete'. Why am doing this? Because I feel the school is not teaching me what I need to know. This is why I do my own studies, alone. In fact, in school, they call me the 'Wi-Fi boy' because I always use the Wi-Fi.

In case you're asking yourself if this thing I just told you is even necessary. My plan is to use it to show you that self-discipline without enough reason to act is like torturing yourself. If you want to do something, try as much as possible to find the benefits of doing that thing. In my case, maybe I haven't seen enough reason why I should apply what I've learned from Coursera to school activities.

The reasons would motivate you. You remember when we talked about waking up early enough to go for some workout? If you've got enough reason to get yourself out of the bed and go for the actual workout, trust me, you'd feel much better by the time you're singing in the shower – after the workout though.

Always seek to know all the reasons/benefits if you can and get motivated to take action. **Instead of feeling bad for not doing it, it is better you feel good**

**for doing it.** Don't live a zombie life – a life where you get controlled by some stupid things. You're the boss – you've got to control your life.

Which one are you going to make the winner, discipline or that bad Habit? If you let bad habit win, the awards it would gift to you for its victory are emotional pain of regret and self-hatred. If you don't get these gifts now, you'll get them in the future. On the other hand, if you let discipline win, you already know the awards it would gift to you for its victory. You'll get a new good habit. You get a happy and fulfilled life. You get lots of other awesome gifts. The only thing it takes is for you to make that choice – the decision determines everything. And, good enough, we're the only one to make that decision.

So, are you going to take action or are you just going to sit back and keep on thinking and complaining about how unfair the world is to you?

## Conclusion

Finally, you've managed to stay with me for the whole session. Thank you for not making me feel crazy. After this, you've got three options. You can decide to break the connection and forget about our friendship. You can decide to remember our friendship by leaving some review. You can also decide to give a feedback and connect with me on some other platforms. But you know what you cannot decide? You cannot decide not to do any of those three options.

Whichever one you've decided to take, the most important thing is what we've talked about in our session together. If you've kept the connection stable, you would remember everything and be sure to put them into practice. But, if the connection wasn't stable at any time of our session, well, I believe you've got your reasons.

Thank you for your time. Congratulations for making it this far, it's not easy. I hope to see you again. Stay awesome and be sure to give an honest feedback about this book here: <https://fitnessdopamine.com/contact>

With that being said, I say 'Bye!'